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WHAT TO DO FOR THE STOMACH

A CAREFUL ARRANGEMENT OF THE MOST IMPORTANT SYMPTOMS IN DISEASED CONDITIONS OF THE STOMACH AND THE REMEDY INDICATED IN THE CURE OF THESE SYMPTOMS

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To

MY DAUGHTER,

MINNIETTA PEARLE,

WHO SO KINDLY AIDED ME IN

THE PREPARATION OF THE FOLLOW-

ING PAGES, IS THIS BOOK

MOST AFFECTIONATELY

DEDICATED.

PREFACE.

This work is compiled from the leading repertories, and gives the symptoms and conditions in alphabetical order. It is so arranged as to aid the seeker for a remedy to find what he wants with the least possible expenditure of time.

The notes given are for the purpose of careful differentiation and to prevent routine prescribing. If a symptom, or condition, or a totality of symptoms calls for ARSENICUM, you should not, and must not, give BELLADONNA. If one remedy covers your case, that is THE remedy to be given and none other, until it has done its work—all it can do—and the symptoms call for another.

In a condition known as inflammation, you will observe that six remedies are given as leaders, and are the first ones we usually think of in this distressed state of the stomach, and yet each remedy has its own particular cata-

logue of symptoms which no other remedy will cure. These should be carefully studied and the patient and remedy clearly understood before the two are brought into contact with each other. The confusion resulting from an incorrectly selected remedy is often most exasperating to a physician, and frequently unpardonably dangerous to the patient.

To become an accurate prescriber, it is imperative that we "hew to the line," though finely drawn, and permit no guess work to enter our prescription cases.

G. E. DIENST.

Naperville, Illinois,
October, 1907.

INTRODUCTION.

In presenting this book to the profession there is no boasting of perfection or apology for imperfection. Every busy physician wants something that will aid him to make a quick and an accurate prescription. The long hunt for symptoms and then comparison of remedies in order to find the indicated remedy is, sometimes, a very tedious task.

My object, in this volume, has been to present the leading remedies in diseased conditions of the stomach, and their peculiar or particular indications in the several symptoms in which they have proven curative. This is done as briefly as is consistent with clearness. Clinical notes and indications have been omitted for the reason that to younger physicians and to those who are too busy to make careful observations some of these indications may be misleading. *There can be no true and permanent success in the administra-*

tion of remedies except on the IMMUTABLE LAW OF SIMILARS; and, though some symptom and the remedies there indicated may savor of keynote prescribing, there is really nothing of the kind. The scope of this work is to lead the busy man to the indicated remedy and do it accurately.

Indulging the hope that this work may be of permanent value to the many hard-working disciples of the immortal Hahnemann, I now present it to the profession.

G. E. DIENST.

Naperville, Illinois,
October, 1907.

WHAT TO DO FOR THE STOMACH.

In diseases affecting the stomach a few things must be thought of besides the indicated remedy.

First. Is the matter of diet. Much of the "stuff" put into the stomach is not food, nor is it palatable or nutritious. Disease and pain often come from eating things which should not be eaten, and from drinking things which should not be drunk. The man who eats boiled cabbage saturated with vinegar and *always* has a pain in the stomach afterwards, must either stop eating the cabbage or the vinegar, or both, or continue to suffer pain when he eats them. The man who gets a headache every time he drinks coffee, must first stop the use of coffee

before he can hope for permanent results from medicine. We have no remedy that will permit a man or woman to sin against their bodies persistently and then go unpunished.

Secondly. Is the *manner* of eating. He who "bolts" his food—"swallows it whole"—can not hope for immunity from pain or increase in health until he has learned to eat slowly and masticate his food thoroughly—chew it as fine as sand. Rapid eaters are more liable to overload the stomach and thereby endanger life and health than those who eat slowly and calmly. Rapid eaters shorten their lives by many years. Hence the imperative necessity of putting absolutely nothing into the stomach but that which is wholesome, and masticating everything put into the stomach until it is properly prepared for digestion. Don't make the stomach do the work the teeth should do.

Thirdly. Is the matter of having a regular time each day for evacuating the

bowels. As much care—yea, more—should be taken in the observance of this regularity as in doing anything else whatever. Where this is neglected, constipation, hæmorrhoides, indigestion, headaches, melancholy and a myriad of kindred evils result.

Unless these points are STRICTLY OBSERVED, there is very little reason for taking medicine. Correct the diet if faulty, the manner of eating if faulty, the careless evacuation of the bowels and you will be ready to take medicine for disturbed conditions remaining.

Let us notice some of the uncomfortable or diseased conditions and the remedies indicated in their cure.

ALIVE.

When there is a sensation in the stomach as if something alive were there—rumbling, rolling, uncomfortable motion—give a dose of *Croc.* and do not repeat until this dose has ceased its work.

Anxiety.

A feeling of anxiety in the stomach is most frequently controlled by *Ars.* However, conditions may be such as to call for *Acon.*, *Arg. n.*, *Calc.*, *Cann. s.*, *Carb. v.*, *Caust.*, *Cham.*, *Cupr.*, *Dig.*, *Ferr.*, *Jatr.*, *Kali c.*, *Lyc.*, *Nux v.*, *Pæon.*, *Puls.*, *Secale*, *Stram.*, *Sil.* and *Verat.*

If this anxiety is worse in the morning on waking or is found in drunkards your remedy is *Asar.* If it occurs at night when the individual gets up or moves about, for any cause, think of *Ars.*

Appetite.

Here we approach a delicate subject. If the appetite is capricious, if the patient hungers, but knows not what for, or if he refuses things which are offered or asked for, your first thought will be of *Bry.*, *Chin.* or *Cina.* These, however, do not cover all cases, and you may have to study *Hep.*, *Ign.*, *Mag. m.*, *Phos.* or *Puls.*

If the appetite is simply changeable, sometimes good and sometimes bad, sometimes for this and then for that article of food, think of *Cina.* You may be compelled also to call on *Cur.*, *Mag. m.*, or *Nit. ac.* to help you out. When the appetite is constant, always wanting something to eat, think of *Kali bi.*, *Merc.*, *Nat. c.* or *Nat. m.*

There is often a diminished appetite, in health as in sickness, no desire for food of any kind; in such cases study *Arg. n.*, *Aur.*, *Bar. m.*, *Cina*, *Coff.*, *Coloc.*, *Con.*, *Cycl.*, *Dig.*, *Gels.*, *Lac d.*, *Lach.*, *Lyc.*, *Murx.*, *Psor.*, *Sabad.*

The one remedy most strongly indicated, however, is *Pic. ac.*, and particularly so if the want of appetite is due to nerve disturbances.

When the appetite seems to leave at the usual meal time, give *China.*

When the appetite is easily satiated, your leaders are *China* and *Lyc.*; but you will often be compelled to use one of the

following: *Carb. v.*, *Caust.*, *Cic.*, *Clem.*, *Colch.*, *Cycl.*, *Gels.*, *Ign.*, *Nux m.*, *Nux v.*, *Op.*, *Phos.*, *Podo.*, *Rhodo.*, *Sep.*, *Sil. or Sulph.*

When the hunger is increased, in general, if from diseased conditions, you will find your most potent help in one of the following remedies: *Ars.*, *Calc. c.*, *Cann. i.*, *Chin.*, *Cina*, *Cinnb.*, *Graph.*, *Iod.*, *Lyc.*, *Nat. m.*, *Nux v.*, *Olnd.*, *Phos.*, *Puls.*, *Sabad.*, *Sulph.* and *Verat.*

NOTICE:

Ars. Desires acid and pungent things, with intense thirst and often regurgitation of water drank.

Calc. c. Has great desire for eggs and salt food.

Cann. i. Has ravenous hunger, with desire for, yet dread of water.

China. Has great hunger with constant sensation of satiety.

Cina. Has hunger after eating.

Graph. Has hunger with aversion to meats, fish, cooked foods and salt.

Iod. Has ravenous hunger, with every symptom ameliorated by eating.

Lyc. Has great hunger, with a sense of fulness after eating but a little.

Nat. m. Has great hunger for oysters, fish, and salt foods.

Nux v. Has great hunger about twenty-four hours before attacks of indigestion, and is worse two or three hours after eating.

Olnd. Has great hunger after vomiting.

Phos. Wants cold food and drink, but ejects it as soon as it grows warm in the stomach.

Puls. Has hunger, but knows not for what.

Sabad. Has aversion to nearly all things until beginning to eat when appetite returns and he eats a hearty meal.

Sulph. Great hunger for sweet things which produce flatulency.

Verat. Has hunger for juicy things.

Abnormal hunger in the morning on rising needs *Arg. m.* or *Calc. carb.*

A hunger that comes on at 10 A. M needs *Nat. m.*

A hunger that comes on at 11 A. M. needs *Sulph.*, and this in particular if there is a sense of faintness accompanying the hunger.

An abnormal appetite at the noon hour may need either *Mez.*, *Nat. m.* or *Nux m.*

An increase of appetite at night, after taking the usual evening meal, needs, as a corrective, *Chin.*, *Lyc.* or *Phos.*, according to the modality in each case.

An appetite alternating with a loss of appetite—in other words, hungry one day and a loss of appetite the next, or for one meal and no appetite for the next, needs *Ferr. m.* Sometimes you will find this condition when *Berb.*, *Calc.*, *Iod.* or *Phos.* may be indicated.

NOTICE:

In *Berb.* you will have frequent and bitter eructions followed by prolonged yawning.

Hunger during a chill calls for *Ars.*, *Cina* or *Sil.*

Hunger during a diarrhœa needs *Calc.*, *Iod.*, *Olnd.*, *Petr.*, *Stram.* or *Sulph.*

If there is hunger during dysentery give *Nux v.* and give it in potency.

If eating increases the dysentery give *Lyc.*

If the dysentery returns only when eating, then give *Chin.* When there is hunger after eating, that is, a sensation as if one had not eaten, you will think of *Lyc.* or *Phos.* at once. Remember, however, that *Arg. m.*, *Chin. s.*, *Merc.* and *Psor.* have similar symptoms.

An abnormal appetite with persistent emaciation needs *Iod.* or *Nat. m.* according to totality of symptoms.

A strong appetite as a prodrome to an epileptic attack needs *Hyosc.*

A strong appetite during fever will lead you to think of *Phos.* as the first remedy. You will also find that *China* and *Cina* have similar modalities.

An increased appetite during an attack of gastralgia needs either *Lyc.* or *Sil.*

An increased appetite with a headache needs *Phos.*, *Psor.* or *Sep.*

An increased appetite with marasmus is led by three cardinal remedies, *Calc.*, *Iod.* and *Nat. m.*

You may need, however, *Calc. p.*, *Lyc.*, *Mag. c.*, *Nux v.*, *Sil.* or *Sulph.*, according to symptoms.

An increased appetite with pain in the stomach is covered usually by two remedies, *Lyc.* and *Sil.*

A gnawing appetite that prevents sleep needs *Ign.* or *Phos.*

A capricious appetite that comes on at untimely hours is in need of *Cina* as a corrective.

An appetite that marches boldly to the front, but retreats at the first sight of food, is in need of *Sulph.*

As we go down the line and find an insatiable appetite despite good feeding, we think of *Ferr.*, *Secale* or *Spong.* But

here we come to a class of people who are hungry, always hungry, but do not relish their food. They say—"Nothing tastes good." Our minds at once fall upon such remedies as *Nat. m.*, *Olnd.*, *Op.*, *Rheum* and *Rhus tox.*

No Appetite.

There are many conditions which produce loss of appetite, and a want of appetite is a pretty correct indication of diseased conditions somewhere. Our leading remedies in, not only a loss of appetite, but a want of appetite, are *Ars.*, *Calc.*, *Cham.*, *Chel.*, *China*, *Cycl.*, *Dig.*, *Ferr.*, *Kali bi.*, *Lyc.*, *Nat. m.*, *Nux v.*, *Puls.*, *Rhus t.*, *Sep.*, *Sil.* and *Sulph.* In a lesser degree we have *Agar.*, *All. c.*, *Alum.*, *Anthr.*, *Ant. c.*, *Arg. n.*, *Bapt.*, *Bov.*, *Bry.*, *Cact.*, *Calc. a.*, *Carb. ac.*, *Carb. an.*, *Carb. v.*, *Cic.*, *Cina*, *Cocc.*, *Coff.*, *Colch.*, *Con.*, *Fl. ac.*, *Hydr.*, *Ign.*, *Ind.*, *Ip.*, *Iris*, *Kali i.*, *Meph.*, *Merc.*, *Merc. c.*, *Mez.*, *Mur. ac.*, *Nux m.*, *Petr.*, *Phos.*, *Phos. ac.*, *Plb.*,

Psor., *Sabin.*, *Sang.*, *Spig.*, *Syph.* and *Tereb.*

If the appetite is wanting in the morning you will think of *Caust.* and *Ferr. m.*

Caust. if there is a burning sensation in the stomach on rising, and ameliorated by eating or drinking something warm.

Ferr. m. if there is a heavy pressure in pit of the stomach on rising.

If there is loss of appetite after coition think of *Agar.*

When smell of food causes loss of appetite, *Colch.*

When there is a sense of fulness with loss of appetite think of *China.*

In a paradoxical condition, loss of appetite with hunger, study *Bar. c.* and *Dulc.*

If the appetite is wanting during menses, give *Ign.* if symptoms agree.

When the appetite sharpens or returns after eating a mouthful or two of food, study *Calc. c.*, *Chin.* and *Sabad.*

When there is a loss of appetite with

thirst, you will at once think of *Calc.*, *Kali n.* and *Spig.* Your great stronghold, however, lies in *Sulph.*

Apprehension.

A feeling of apprehension, fear, or sense of uneasiness in the stomach calls for *Mez.* You will sometimes find such conditions also under *Lyc.* and *Phos.*

Aversions.

By aversions we do not mean things which one dislikes only, but things which disagree.

Aversion to acids or sour things in general can be corrected by *Bell.*, *Cocc.*, *Ferr.*, *Sabad.* or *Sulph.*

To alcoholic stimulants should be encouraged, but if you want a corrective you will find it in *Hyosc.* or *Rhus tox.*

If it is aversion to malt liquors, *China* and *Nux v.* will lead.

To bread is led by *Chin.* or *Nat. m.* Other remedies as *Con.*, *Cycl.*, *Kali c.*,

Lyc., *Nat. s.*, *Nit. ac.*, *Nux v.*, *Phos.*, *Puls.* or *Sulph.* may be indicated.

To brown bread, *Lyc.*

To broths need *Arn.*, *Ars.*, *Cham.* or *Graph.*

To butter need *Chin.* or *Puls.* You may sometimes need to study *Cycl.*, *Merc.* or *Ptel.*

To coffee need *Calc.* or *Nux v.* which often correct the pernicious effects of coffee. You will also find *Bell.*, *Bry.*, *Cham.*, *Coff.*, *Dulc.*, *Lyc.*, *Merc.*, *Nat. m.*, *Phos.*, *Spig.* and *Sul. ac.* indicated.

To drinks in general is led by *Ferr.*, *Hyosc.* and *Nux v.*

These three are closely followed by *Apis*, *Bell.*, *Canth.*, *Lac. c.*, *Lyssin.*, *Nit. ac.*, *Rhus* and *Stram.*

To drinking anything during a headache, *Ferr.*

To eggs, *Ferr.*

To the odor of cooking or food of any kind, *Colch.*

To everything, wants nothing at all, *Puls.*

To fats and rich foods is corrected in most instances by *Chin.*, *Petr.*, *Ptel.* or *Puls.* Conditions may be such that you will need to study *Ars.*, *Bry.*, *Carb. an.*, *Colch.*, *Cycl.*, *Hep.*, *Merc.*, *Nat. m.*, *Sep.* and *Sulph.* You will readily see that the routine practice of prescribing *Puls.* for the above conditions is bad practice.

To fish—here you have a fine leader in *Graph.*

To salt, *Phos.*

To food of any kind, in sickness or health, needs *Ars.*, *Cocc.*, *Colch.*, *Ferr.*, *Ip.*, *Lil. t.* or *Nux v.*, according to symptoms.

To cooked (boiled) food, *Graph.* or *Sil.*

To hot food, *Chin.*

To the smell of foods, *Coc. c.*, *Colch.*, *Ip.* or *Podo.*

To warm food, *Chin.*, *Lyc.*, *Merc. c.*, *Sil.* or *Verat.*

To garlic, *Sabad.*

To gruel, *Calc.*

To meat. This means a dislike for

meats and its effects. Your leaders are *Chin.*, *Mur. ac.*, *Nux v.*, *Petr.*, *Puls.*, *Sep.*, *Sil.* and *Sulph.* These are closely followed by such remedies as *Alum.*, *Arn.*, *Ars.*, *Aur.*, *Bry.*, *Cact.*, *Calc.*, *Carb. v.*, *Cycl.*, *Ferr.*, *Graph.*, *Ign.*, *Kali bi.*, *Kali c.*, *Lyc.*, *Merc.*, *Mez.*, *Nat. m.*, *Nit. ac.*, *Phos.*, *Plat.*, *Ptel.*, *Rhus t.*, *Sabad.*, *Syph.* and *Zinc.*

To fat meat, *Carb. v.*

To milk—here you will find a number of remedies of almost equal importance. We have *Ant. t.*, *Arn.*, *Bry.*, *Calc.*, *Carb. v.*, *Cina*, *Guaj.*, *Ign.*, *Nat. c.*, *Phos.*, *Puls.*, *Sep.*, *Sil.* and *Sulph.*

To boiled milk, *Phos.*

To mother's milk. When a child develops a dislike for the mother's milk when this milk is normal, you will at once think of *Sil.*, which is the leading corrective. Following this think of *Cina.*

To onions, *Sabad.*

To pork, *Colch.*, *Dros.*, *Psor.*, *Puls.*

To potatoes, *Alumina.*

To puddings, *Phos.*, *Ptel.*

To salt foods, your leaders are *Cor. r.* and *Graph.*

The next provings you will find in *Carb. v.*, *Nat. m.*, *Selen.* and *Sep.*

To solid food, *Ferr.* and *Staph.*

To soup, *Arn.*, *Graph.* and *Rhus t.*

To sweets is led by *Graph.* Following this we have *Ars.*, *Caust.*, *Merc.*, *Phos.*, *Sin. n.* and *Sulph.* according to totality of symptoms.

To tea, *Phos.*

To tobacco is common and should be cultivated, but *Nux v.* is the leading remedy to correct this aversion. If this dislike is to smoking tobacco or the odor of tobacco smoke, *Ign.* is the leader. For details see repertory.

To veal, *Zinc.*

To vegetables, *Hell.*, *Mag-c.*, *Mag. m.*

To water in general, *Hyosc.*, *Nux v.* and *Stram.*

As second grade remedies you will find *Apis*, *Bell.*, *Bry.*, *Calad.*, *Canth.*, *Lyssin.*, *Nat. m.*, *Phys.* and *Puls.* helpful.

To cold water, *Calad.*, *Phel.* and *Stram.*

To cold water during thirst, *Nux v.*

To wine, think first of *Sabad.* If symptoms do not agree, think of *Ign.*, *Merc.*, *Rhus t.*, *Sulph.* or *Zinc.*

Ball.

When there is a sensation of a ball in the stomach, particularly a burning ball, think of *Bell.* If this ball seems to rise up into the throat, *Lach.*, *Senec.*

Cancer.

If treated in time we believe cancer of the stomach may be cured. At all events its pains may be ameliorated. Your first study will be of *Ars.*, *Bism.*, *Carb. an.*, *Con.*, *Cund.*, *Lyc.* and *Phos.*

You may need to study also *Acet. ac.*, *Ars. i.*, *Caps.*, *Carb. ac.*, *Carb. veg.*, *Crot. h.*, *Hydr.*, *Kreos.*, *Lach.*, *Merc. c.*, *Mez.*, *Sep.*, *Sil.*, *Staph.* and *Sulph.* Each case *must* be taken upon its own individuality; and having selected your

remedy you must *stick* to *it* until the ends are obtained.

Clothing.

When the pressure or weight of the clothing causes discomfort (except corsets, belts, etc., usually worn ruinously tight), your leading remedies are *Bov.*, *Lach.* and *Lyc.* *Bov.* if there is much pain, and *Lyc.* if there is great distension of the stomach soon after eating. You will also think of *Bry.*, *Calc.*, *Crot. h.*, *Graph.*, *Hep.*, *Kali bi.*, *Petr.* and *Puls.* Each one according to its peculiar indication, and in no sense alternate or combine these remedies.

Coldness.

This means a sensation of coldness in the stomach produced by disease. Your leaders are *Camph.*, *Caps.* and *China.* These three cover a majority of the cases you will meet in practice; but it is well to bear in mind that *Carb. an.*, *Carb. v.*,

Castor., *Colch.*, *Kreos.*, *Lach.*, *Lact. ac.*, *Nat. m.*, *Phos.*, *Sul. ac.* and *Tarax.* are also indicated.

If this coldness is especially marked after drinking cold water, give *Elaps.*

If any drink, unless containing some spirituous liquor, causes this coldness, give *Sul. ac.*

If this condition comes on after eating, give *Carb. an.* or *Cist.*

If it comes on after eating fruit, give *Ars.*

If it is a painful coldness, as if ice were in stomach, give *Colch.*

If the stomach feels icy, give *Caps.*

Colic.

In case of colic in the stomach with cramps in the chest, give *Cupr.*

Constriction.

A sensation of constriction, as if a string, band or belt were drawn across the stomach, calls loudly for *Chel.*,

Graph. or *Guare.* Should neither of these be indicated by the totality of symptoms, then study *Alum.*, *Arg. n.*, *Ars.*, *Cocc.*, *Coloc.*, *Ferr.*, *Guaj.*, *Kali bi.*, *Lyc.*, *Mag. c.*, *Manc.*, *Mez.*, *Nat. c.* or *Op.*

If this constriction is worse in the morning, *Kali bi.*

If eating relieves it, *Sep.*

If it is periodical, *Arg. n.*

If it is of the pylorus, *Phos.*

Contraction.

This may be real or imaginary and your leaders are *Ars.* and *Cupr.*

If accompanied with intense burning, a sense of weight and great anxiety, give *Ars.*

If accompanied with pressure, a deathly feeling and cramps, give *Cupr.*

If worse in the evening, *Ars.*

If worse sitting or walking, *Castor.*

Crawling.

A sensation of crawling in the stomach is soon relieved by *Ars.*, *Bry.* or *Puls.*

If this sensation is accompanied with yawning, *Lyc.*

Desires.

By this we mean a longing, craving appetite for this thing or that thing more than anything else. For alcoholic liquors, think of *Ars.*, *Asar.*, *Caps.*, *Crot. h.*, *Lach.*, *Nux v.* and *Sulph.* These are leaders and when not indicated think of *Aur.*, *Hep.*, *Iod.*, *Kreos.*, *Lyc.*, *Mur. ac.*, *Op.*, *Phos.*, *Puls.*, *Selen.*, *Sep.*, *Spig.*, *Staph.* or *Sul. ac.*

If the desire is for ale, give *Sulph.*

If for beer, give *Acon.*, *Nux v.* or *Sulph.* When these are not indicated, study *Bell.*, *Bry.*, *Caust.*, *Cocc.*, *Coloc.*, *Kali bi.*, *Lach.*, *Merc.*, *Nat. c.*, *Nat. m.*, *Petr.*, *Phel.*, *Puls.*, *Rhus t.*, *Sabad.*, *Spig.*, *Stront* or *Zinc.*

If for brandy, think first of *Nux v.* and *Op.*, and then, if not indicated, think of *Hep.*, *Petr.*, *Phos.*, *Selen.*, *Sep.*, *Spig.*, *Staph.*, *Sul. ac.* and *Sulph.*

If for whiskey, your leader is *Lac. c.*

Should this not be indicated by the totality of symptoms you will think of *Arn.*, *Ars*, *Carb. an.*, *Lach.*, *Phos.*, *Selen.* or *Spig.*

If for wine, think first of *Phos.* and *Sulph.*, and when these do not meet the conditions, study *Acon.*, *Æth.*, *Bry.*, *Calc.*, *Cic.*, *Hep.*, *Lach.*, *Mez.*, *Sep.* or *Spig.*

If for claret, give *Sulph.*

If for bitter drinks, give *Nat. m.*

If for bread only, study *Ars.*, *Aur.*, *Cina*, *Coloc.*, *Ferr.*, *Mag. c.*, *Merc.*, *Nat. m.*, *Plb.* and *Stront.*

If for bread and butter only, your first thought will be of *Merc.*, then after that, *Ferr.* and *Mag. c.*

If for dry bread, *Bar. m.*

If for chalk, *Alum.*, *Calc.*, *Nit. ac.*

If for charcoal, *Cic.*

If for cheese, *Cist.*

If for cloves, *Alum.*, *Chlor.*

If for coal, *Alum.* and *Calc.*

If for coffee, think first of *Ang.*, then

of *Alum.*, *Ars.*, *Aur.*, *Bry.*, *Caps.*, *Carb. v.*, *Chin.*, *Con.*, *Mez.*, *Nux m.* and *Selen.*

If for cold drinks, your first thought is for *Acon.*, *Ars.*, *Bry.*, *Cham.*, *China*, *Cina*, *Eup. per.*, *Nat. s.*, *Phos.* and *Verat.*

If none of these are indicated, study *Alumn.*, *Ang.*, *Ant. t.*, *Arg. n.*, *Bell.*, *Bov.*, *Calc.*, *Caps.*, *Caust.*, *Cocc.*, *Croc.*, *Cupr.*, *Cupr-ac.*, *Dulc.*, *Glon.*, *Led.*, *Lyc.*, *Merc.*, *Merc-c.*, *Olnd.*, *Phos-ac.*, *Plb.*, *Rhus-t.*, *Sabad.* and *Thuj.*

If for cold food your leader is *Phos.* and following this we have *Ant-t.*, *Merc-c.*, *Puls.*, *Sil.*, *Thuja* and *Verat.*

If for cucumbers, *Ant-c.*

If for delicacies only think first of *Chin.* and *Ip.* When these do not cover the symptoms, study *Aur.* or *Rhus. t.*

If the craving is for chalk, earth or lime, think first of *Nit. ac.*, then of *Nux v.*

Should the craving be for eggs, give *Calc. c.*

If for farinaceous food, *Nat. m.*

If for fat foods, your first thought is of *Nit. ac.*, then after that of *Nux v.*

If for the fat of boiled or fried ham, give *Mez.*

If for fish, give *Nat. m.*

If for flour, the dry flour, give *Calc.*

If for raw potatoes, give *Calc. c.* This I have verified clinically, with one dose of the 10 m. potency.

If for fruits only, think first of *Verat.* Remember, however, that *Alum.*, *Ant. t.*, *Ign.*, *Mag. c.*, *Phos. ac.* and *Sul. ac.* have a similar desire.

If for herring, dried or spiced, think first of *Nit. ac.*, then of *Puls.* and *Verat.*

If for highly seasoned food, your first thought is for *Chin.*, *Phos.* or *Sulph;* your second thought is for *Hep.*, *Lac. c.*, *Sang.* and *Tarantula.*

If for ice, or iced drinks, *Verat.* comes first and *Elaps* second.

If for ice cream, *Phos.* is first and *Calc.* second.

If for indigestible things you will think of *Alum.* or *Calc.*

If the desire is indistinct, wants something and knows not what, think first of *Bry.*, *Ign.* or *Puls.* Should these not be indicated, study *Lach.*, *Mag. m.* or *Therid.*

If for juicy things, think of *Phos. ac.* or *Sabad.*

If for lemonade, *Bell.* is your first remedy, then think of *Jatr.*, *Nit. ac.* or *Sabin.*

If for liquid foods only, *Ang.*, *Ferr.*, *Merc.*, *Staph.* or *Sulph.*

When a child wants many things, give *Cina.*

If the desire is for meat only, think first of *Sulph.*, and if this is not indicated, study *Ferr.*, *Kreos.*, *Lil. t.*, *Mag. c.* and *Meny.*

If for smoked meats only, *Caust.* is first and *Kreos.* second.

When the craving is for milk, your leader is *Rhus t.*, but you will find it necessary to study *Apis*, *Ars.*, *Aur.*, *Bry.*, *Calc.*, *Chel.*, *Elaps*, *Merc.*, *Nat. m.*, *Nux v.*, *Phos. ac.*, *Sabad.*, *Sil.*, *Stront.* and *Staph.*

If the desire is for very cold milk, think of *Phos.* and *Rhus t.*

If for warm milk, give *Bry.*

When the craving is for mustard, study *Cocc.*

When the craving is for raw onions, study *All. c.*

When the craving is for oysters, study *Bry.*, *Calc.*, *Lach.*, *Lyc.*, *Nat. m.* and *Rhus t.*

When the craving is for pastry, study *Calc.*

When the craving is for pepper, study *Lac. c.*

When the craving is for pickles, study *Ant. c.*, *Lach.* and *Sulph.*

When the craving is for pungent things, *Hep.* and *Sang.*

When the craving is for raw food, give *Sulph.*

When the craving is for refreshing things you again find *Phos. ac.* first. Study also *Ars.*, *Caust.*, *Cocc.*, *Fl. ac.*, *Phos.*, *Puls.*, *Valer.* and *Verat.*

When the desire is for dry rice, give *Alum.*

When the desire is for salt, then think first of *Carb. v.*, *Nat. m.*, *Phos.* and *Verat.* Study also *Con.*, *Lyssin.*, *Manc.* and *Sanic.*

When for salt things, our leaders are *Arg. n.*, *Phos.* and *Verat.*

Following closely on the heels of this trinity of remedies we have *Aloe*, *Calc.*, *Carb. v.*, *Caust.*, *Con.*, *Cor. r.*, *Lyssin.*, *Nat. m.* and *Nit. ac.*

If the desire is for sand, give *Tarent.*

If the desire is for sardines, give *Cycl.* or *Verat.*

If the desire is for sour things, acids, etc., you will first call to mind *Cor. r.*, *Hep.* and *Verat.* But these do not cover all cases, for you will find the following effective, viz.: *Ant. c.*, *Ant. t.*, *Apis*, *Arn.*, *Bor.*, *Brom.*, *Bry.*, *Calc.*, *Carb. v.*, *Cham.*, *Con.*, *Ferr.*, *Ferr. m.*, *Ign.*, *Kali c.*, *Lach.*, *Mag. c.*, *Nat. m.*, *Phos.*, *Podo.*, *Puls.*, *Sabad.*, *Sabin.*, *Secale*, *Sep.*, *Squil.*, *Stram.* and *Sulph.*

If the desire is for starch, give *Alum.*

If the desire is for strong things, give either *Bry.*, *Calc.*, *Calc. ph.*, *Cycl.*, *Hep.* or *Manc.*

If this desire for strange things comes on during pregnancy, think first of *Lyssin.* When this does not cover the symptoms, study *Chel.* or *Mag. c.*

When the craving is for sweets you have four leaders in *Arg. n.*, *Chin.*, *Lyc.* and *Sulph.*, each with its special modality. You will find also that *Am. c.*, *Bry.*, *Calc.*, *Carb. v.*, *Ip.*, *Kali c.*, *Mag. m.*, *Nat. c.*, *Plb.*, *Rheum*, *Rhus t.*, *Sabad.*, *Secale* and *Sep.* are needed.

If for sugar or candy only, give *Arg. n.*

If for tobacco, give *Tobacco.* (This is doubtless one of our best remedies for the pernicious influence of tobacco.)

A craving for tonics needs *Cocc.*, *Phos. ac.*, *Puls.*, *Rhus t.* or *Valer.*

A craving for vegetables only, needs *Alum.*, *Mag. c.* or *Mag. m.*

A craving for vinegar, needs *Hep.*, possibly *Sep.*

A craving for warm drinks is led by *Bry.* or *Lac. c.* Study also *Ars.*, *Hyper.* or *Sabad.*

A craving for warm drinks during a chill, give *Cedron.*

A craving for warm drinks during fever, give *Casc.* or *Eup. per.*

A craving for warm food wants *Ferr.* or *Lyc.*

(It is imperative to know carefully the leading remedies in Aversions and Desires, and a careful study of the foregoing will aid in learning these things. Much depends on knowing these things and what they mean.)

Disordered.

For a disordered stomach in general we have excellent remedies, which, given in the proper potency, are most effective. Our leaders are *Ant. c.*, *Arg. n.*, *Ars.*, *Asaf.*, *Bry.*, *Carb. v.*, *Chin.*, *Kali bi.*, *Lyc.*, *Merc.*, *Nat. m.*, *Nat. s.*, *Nux v.*, *Puls.* and *Verat.;* and each one of these

has its special sphere. Those less frequently indicated are *Caps.*, *Cham.*, *Chin.*, *Coff.*, *Hep*, *Ip.*, *Kali c.*, *Lob.*, *Mez.*, *Nat. c.*, *Phos.*, *Sars.* and *Sep.*

Marked Particulars.

Ant. c. Has disorder caused by overeating, sour foods or drinks, hot weather, and bathing in cold fresh water. Tongue coated very white.

Arg. n. Has great distension of the stomach, with loud, explosive eructations of gas.

Ars. Has painful pressure in region of stomach, with intense burning, ameliorated by drinking sweet milk.

Asaf. Has eructations smelling like garlic with flatus passing upward and none downward.

Bry. Has frequent eructations after eating, with regurgitation of ingesta, all of which is aggravated on any motion.

Caps. Has a sensation of icy-coldness of the stomach, followed by sensation of trembling and burning.

Carb. v. Has a heavy feeling in stomach and sensation as if the stomach were hanging down.

Cham. Has painful pressure in stomach with a feeling as if he could not endure pressure.

Chin. s. Has malaise, drowsiness, hypochondriac mood, fulness, distension with constant desire to lie down after every meal.

Coff. Has disorder from hurried eating and drinking. Bad effects from wine, liquors and coffee.

Hep. Has vomiting of acids, bilious or slimy substances with bitter taste of food and drink.

Ip. Has constant nausea *not* relieved by vomiting.

Kali bi. Has sharp, burning pains which alternate with pain in the limbs.

Kali c. Has pain radiating to chest, back and extremities. Large lump deep in scrobiculum.

Lob. Has a feeling of weakness in the

stomach, extending through the whole chest and downward as far as the umbilicus.

Lyc. Has sensation of great fulness immediately after eating but little.

Merc. Has aversion to solid and warm foods; desires refreshing things, with pressure in the epigastrium.

Mez. Has a burning soreness, as if the food lay in stomach undigested.

Nat. c. Has constant qualmishness with hypochondriac mood after eating, or small errors in diet.

Nat. m. Has sensation of clawing in pit of stomach and is better from tightening the clothes.

Nat. s. Has a burning sensation in the stomach as if it would be perforated.

Nux v. Has pain two or three hours after eating and is worse from highly seasoned foods and sedentary employment.

Phos. Has great desire for cold foods and drinks which are regurgitated as

soon as they become warm in the stomach.

Puls. Has disorder from eating rich or highly seasoned foods, thirstless, with nausea and desire to vomit.

Sars. Has burning in the stomach from eating bread; with nausea from thinking of food.

Sep. Has a stone-like pressure in the stomach with pain after eating the simplest kind of food.

Verat. Has anguish, great weakness and sudden sinking of strength in the stomach.

If the disorder is caused by the use of acids you will think of *Ant. c.*, *Caust.* or *Sep.*

If after beer, give *Sulph.*, if symptoms agree.

If after bread, give *Lyc.*, if symptoms agree.

When coition produces disorder, think of *Dig.*, but do not give it on retiring.

When caused by cold foods, think of *Ant. c.*

If caused by rich or fat foods, think of *Puls.* and *Sep.*

If the disorder is associated with headache your first study will be of *Ant. c.*, *Ip.*, *Nux v.*, *Puls.* and *Sang.*

Now and then you will find a headache caused by or associated with disorders, and where *Lyc.*, *Iris.* or *Kali bi.* will be necessary.

If the headache is caused by drinking milk, give *Sep.*

Distention.

Remember that in this ailment many remedies are indicated, each one having a particular form not found in another remedy. These particulars must be learned. Your leaders are—*Arg. n.*, *Calc.*, *Carb. v.*, *Cic.*, *Kali. c.* and *Lyc.* There follow others, often of great importance, as *Asaf.*, *Bell.*, *Bor.*, *Bry.*, *Calc. a.*, *Cham.*, *Chin. s.*, *Cocc.*, *Colch.*, *Croc.*, *Dig.*, *Dulc.*, *Gels.*, *Graph.*, *Hell.*, *Hep.*, *Ign.*, *Lach.*, *Manc.*, *Merc. c.*, *Nat. m.*, *Nat. s.*, *Nux m.*,

Nux v., *Phos.*, *Prun.*, *Puls.*, *Stram. and Sulph.*

If the distention is aggravated in the morning, think of *Phos.*

If the distention is aggravated in the evening, think of *Kali bi.*

If the distention is aggravated from anger or contradiction, *Nux. m.*

If the distension is aggravated from eating, you again have strong leaders in *Carb. v.*, *Colch.*, *Chin.* and *Lyc.* But these are not the only remedies indicated for distention after eating, for we find *Ambr.*, *Apoc.*, *Ber.*, *Bry.*, *Calc.*, *Grat.*, *Hep.*, *Lach.*, *Nux m.*, *Nux v.*, *Phos.*, *Sanic.* and *Stann.* also of frequent indication.

If eructations relieve the distention, think of *Arg. n.* and *Carb. v.*

If the distention is aggravated from drinking milk, think of *Con.*

Emptiness.

By this we mean a sensation of goneness, weak, falling or hungry feeling in

the stomach, as a diseased condition. Here are your leading remedies, all of which have a *particular* form of "emptiness" not found in any other remedy, viz.: *Ant. c.*, *Dig.*, *Ign.*, *Merc.*, *Phos.*, *Podo.*, *Sep.*, *Sulph.*, *Tobac.* and *Zinc.*

NOTICE.

Ant. c. Has this condition associated with hot weather, eating sour things or bathing in cold water.

Dig. Has a death-like, sinking sensation in the stomach, as if he were dying.

Ign. Has a sinking sensation in the pit of the stomach, associated with a very flat taste or sighing.

Merc. Has a weak feeling in the stomach, with a sensation of repletion or constriction.

Phos. Has a goneness in the region of the stomach usually associated with heartburn or scratching in the throat.

Podo. The stomach feels hollow, head full.

Sep. Has painfull sensation of emptiness, which food does not relieve.

Sulph. Has sensation of emptiness about one hour before the usual time of eating.

Tabac. Do you remember the sensations in the stomach after your first cigar? So weak you cold scarcely say a word.

Zinc. Has a sensation like a worm creeping up from the pit of stomach into the throat, causing coughing.

You will also find *Aesc.*, *Agar.*, *All. c.*, *Ambr.*, *Aran.*, *Arg. n.*, *Ars.*, *Asaf.*, *Bar. c.*, *Brom.*, *Bufo.*, *Calc.*, *Calc. p.*, *Camph.*, *Caps.*, *Carb. an.*, *Carl.*, *Caust.*, *Chin.*, *Cina.*, *Calc.*, *Coloc.*, *Croc.*, *Crot. h.*, *Crot. t.*, *Elaps.*, *Gamb.*, *Gels.*, *Glon.*, *Hydr.*, *Hydr. ac.*, *Kali c.*, *Kali chl.*, *Lac. c.*, *Lach.*, *Lob.*, *Mag. c.*, *Mur. ac.*, *Nat. c.*, *Nat. m.*, *Nat. s.*, *Nux v.*, *Olnd.*, *Op.*, *Petr.*, *Puls.*, *Rhus. t.* and *Stann.* frequently indicated.

If the empty sensation is in the morning, think of *Aesc.*

If the empty sensation is in the forenoon, think of *Nat. c.*

If the empty sensation is at 11 A. M. you naturally would think of *Sulph.*, for this is one of its strong provings; but *Asaf.*, *Phos.* and *Zinc.* also have an 11 A. M. aggravation.

If this condition appears about 2 P. M., think of *Grat.*

If this condition occurs soon after eating, think of *Sep.*

If this condition is accompanied with aversion to food, you will think of *Bar. c.*, *Chin.*, *Grat.*, *Hell.*, *Nux v.*, *Rhus. t.* and *Sulph.*

If it occurs during a chill, think of *Ars.*

If it occurs during the climacteric period, think of *Crot. h.*, *Lach.*, *Tabac.*

If it occurs about an hour before dinner, *Sulph.*

If this emptiness is not relieved by eating, your attention is at once directed to *Cina* and *Phos.* If the symptoms do not agree, study *Carb. an.*, *Lyc.*, or *Nux m.*

If it occurs immediately or soon after eating, you turn again to *Cina* and *Verat.* Failing in these study *Dig.*, *Grat.*, *Laur.* or *Lyc.*

Here we have a paradoxical condition, for when the emptiness is aggravated by eating, study *Lyc.*

If it comes on during a headache, habitually, you will at once think of *Sep.* If the symptoms do not agree, study *Phos.* and *Sang.*

If it comes on before the menses, think of *Ign.*

If this emptiness comes on during nausea, your leader is *Phos.* Next in rank we find *Hell.*, *Ign.*, *Sep.* and *Sil.* *Ign.* is especially indicated if there is marked sighing at such times.

If the emptiness is aggravated by talking, give *Rumex.*

If the emptiness is accompanied by throbbing in the stomach, you will think of *Asaf.*

Epileptic Aura.

This means that certain disorders of the stomach precede an epileptic spasm. Two remedies lead in this condition, vis.: *Cic.* and *Nux v.*

In *Cicuta* we find a sudden shock, deep in the pit of the stomach, preceding an epileptic attack

In *Nux v.* we have an attack of indigestion preceding an attack. *Calc. c.* and *Silic.* are indicated when the symptoms agree.

Eructations.

In this condition we have many remedies, but here we shall notice only those which have first class provings. They are *Acon.*, *Amb.*, *Arg. n.*, *Arn*, *Asaf.*, *Asar.*, *Bell.*, *Bry.*, *Carb. v.*, *Chin.*, *Cocc.*, *Con.*, *Guaj.*, *Kali c.*, *Lyc.*, *Mag. c.*, *Merc.*, *Nat. c.*, *Nat. m.*, *Nux v.*, *Phos.*, *Psor.*, *Puls.*, *Rhus t.*, *Sep.*, *Sulph.* and *Verat.*

Observe these particulars:

Eructations in day time only calls loudly for *Iod.*

Eructations in the morning calls loudly for *Petr.*

Eructations before breakfast calls for *Bov.* and *Ran. s.*

Eructations while fasting calls for *Plat.*

Eructations in the afternoon calls for *Carb v.*, *Caust. Cic.*, *Lyc* and *Nat. c.*

Eructations in the evening points strongly to *Puls.*, but forget not *Alum.*, *Armb.* and *Caust.*

Eructations at night also points to *Puls.*, but here we may have *Carb. v.*, *Crot. h.*, *Kali c.*, *Merc.* or *Nux v.*

Eructations which seem to aggravate the stomach must have *Cham.* or *Chin.*

Eructations which ameliorate the stomach need *Ant. c.*, *Arg. n.*, *Carb. v.*, *Graph.*, *Ign* , *Kali c.*, *Lyc.* and *Sang.*

Euctations (unusual) after beer, think of *Ferr.*

Eructations after eating butter, think of *Carb. v.* and *Puls.*

Eructations after eating cabbage, think of *Mag. c.*

Eructations with chilliness, think of *Sul.*

Eructations after drinking coffee, think of *Caust.* and *Puls.*

Eructations with coldness (of baby), think of *Gamb.*

Eructations constant, think of *Con.*

Eructations after coughing, think of *Amb.*, *Arn.*, *Sang.*

Eructations with, or during coughing, is lead by *Ambr.* You will also study *Ang.*, *Cimex.* and *Lach.*

Eructations difficult, calls, as first study, for *Arg. n.*; if symptoms do not agree, think of *Con.*, *Graph.* and *Nux v.*

Eructations after dinner, more than any other meal, *Sulph.*

Eructations after drinking, *Carb. v.*, *Kali c.* and *Sep.*

Eructations in drunkards, *Rane. b.* and *Sul. ac.*

Eructations while eating, *Sars.*

Eructations after eating finds many remedies, of which *Arg. n.*, *Carb. v.*, *Ferr.*, *Nat. m.*, *Puls.* and *Sulph.* take the lead. But these remedies do not cover every case, and we have often to study *Aesc.*, *Bry.*, *Camph.*, *Caust.*, *Chin.*, *Hep.*, *Kali c.*, *Kreos.*, *Lach.*, *Lyc.*, *Nat. c.*, *Nat. s.*, *Nit. ac.*, *Nux m.*, *Nux v.*, *Ox. ac.*, *Phos.*, *Podo.*, *Ran. s.*, *Sars.*, *Sep.*, *Sil.*, *Spig.*, *Stann.* and *Verut.*

Eructations causing faintness, needs *Arg. n.*

Eructations while fasting, calls for *Nit-ac.* or *Nux v.*

Eructations after fats is led by those precious remedies, *Puls.* and *Sep.* *Ferr.* may sometimes be indicated.

Eructations with headache makes one think of *Mag. m.* and *Calc. c.*

Eructations which are ineffectual or incomplete, in other words, not relieved by them, need as correctives one of the following: *Arg. n.*, *Ars.*, *Bell.*, *Carls.*, *Caust.*, *Chin.*, *Cocc.*, *Lach.*, *Lyc.*, *Manc.*, *Nat. m.*,

Phos., *Phyt.* and *Puls.* Of these *China* takes the lead.

Eructations before the menses, *Kali c.*, *Nat. m.*, *Nux m.* and *Puls.*

Eructations during the menses, *Graph.*, *Lach.* and *Nit. ac.*, of which *Lach.* is most frequently indicated.

Erucations after drinking milk, *Calc.*, *Carb. v.*, *Chin.*, *Cupr.*, *Mag. c.*, *Nat. m.*, *Sulph. and Zinc.*

Eructations during nausea, *Calc.*, *Caust.*, *Cycl.*, *Lyc.*, *Mag. m.*, *Mag. s.*, *Nat. m.* and *Petr.*, of which *Petr.* takes the lead.

Eructations that are painful, find their best friend in *Cham.*, though *Bry.*, *Carb. an.* and *Par.* are often indicated.

Eructations caused by eating potatoes, call for *Alumina.*

Eructations from pressing on the stomach, need *Sulph.*

Eructations from pressing painful parts of stomach, *Borax.*

Eructations from eating rich foods, find their greatest remedies in *Carb. v.*

and *Puls.*, but do not forget that *Bry.* and *Sep.* are frequently indicated.

Eructations that are spasmodic, call for *Phos.*

Eructations during stool, lead one to think of *Kali. c.*, *Merc.* or *Puls.*

Eructations after stool, think of *Ars.*, *Cocc.*

Eructations which come after supper, need *Carb. v.*

Eructations that are suppressed, *i. e.*, incomplete, ineffectual in this that one tries and cannot eructate, need *Calc.* or *Con.*

Eructations followed by pain in the stomach, need *Con.*

Eructations, violent, forceful, *Bism.*, *Carb. v.* and *Coloc.*

Eructations while walking, *Graph.* and *Mag. m.*

Eructations, acrid, *Ambr.*, *Apis*, *Calc.*, *Cann. s.*, *Carb. an.*, *Caust.*, *Dig.*, *Fl. ac.*, *Graph.*, *Lac. ac.*, *Lach.*, *Lyc.*, *Merc.*, *Nit. ac.*, *Nuph.*, *Nux v.*, *Phyt.*, *Rhus t.*, *Sang.*,

Sep. and *Sul. ac.*, of which *Lyc.* is the leader.

Eructations, acrid, in the afternoon, *Caust.*

Eructations, acrid, in the evening, *Ambr.* and *Caust.*

Eructations, acrid, in drunkards, *Sul. ac.*

Eructations, acrid, tasting like almonds, *Caust.* and *Laur.*

Eructations, *Bitter.* Here we have a long list of remedies of which we find *Aloe*, *Alum.*, *Ambr.*, *Am. c.*, *Am. m.*, *Apis*, *Arn.*, *Berb.*, *Bry.*, *Calc.*, *Cann. s.*, *Carb. v.*, *Carl.*, *Chel.*, *Chin.*, *Cocc.*, *Dios.*, *Ferr. m.*, *Grat.*, *Ign.*, *Merc.*, *Nux v.*, *Podo.*, *Puls.*, *Phos. ac.*, *Sars.* and *Sep.* indicated. The greatest of these are *Arn.*, *Chin.*, *Nux v.*, *Podo.* and *Puls.*

Eructations worse after breakfast, *Sep.*

Eructations worse in the evening, *Puls.*

Eructations worse after eating potato, *Alum.*

Eructations at night, think of *Puls.* first, and then of *Merc.* or *Nux v.*

Eructations, when worse after eating, turn to *Lyc.* first, if symptoms do not agree then study *Bry.*, *Chin.*, *Nat. m.*, *Nat. s.*, *Sars.*, *Sep.* or *Stann.*

Eructations with regurgitation of food, *Lyc.* and *Nat. s.*

Eructations while fasting, *Nux v.*

Eructations during menses, *Sep.*

Eructations from eating rich food, *Ferr. m.*

Eructations containing blood, *Sep.*

Eructations burning (heartburn), *Caust.*, *Iod.* and *Lyc.*

Eructations tasting like spoiled eggs, *Agar.*, *Arn.*, *Psor.*, *Sep.* and *Sulph.*, of which *Arnica* is your leader.

Eructations on rising, *Arn.* and *Mag. s.*, of which *Arn.* leads.

Eructations in the evening and at night, call for *Merc.*, *Nux v.* and *Puls.* Here *Puls.* is your leader.

Eructations after eating direct us to *Bry.*, *Chin.*, *Lyc.*, *Nat. m.*, *Nat. s.*, *Sars.*, *Sep.* and *Stann.*, and of these *Lyc.* is strongest.

Eructations with ejections of food lead you to study *Lyc.* and *Nat. s.* Here it is hard to differentiate. *Lyc.*, however, is the stronger.

Eructations smelling like the food eaten, need *Cham.* and *Podo.*

Eructations empty, tasteless, call for many remedies, but it is our purpose to give the most frequently indicated, which are *Agar.*, *Ant. c.*, *Arg. n.*, *Arn.*, *Ars.*, *Bism.*, *Cann. s.*, *Carb. v.*, *Iod.*, *Ip.*, *Lyc.*, *Puls.* and *Sulph.*

Eructations empty, occurring in the morning, *Plat.*, *Sulph.*

Eructations empty, after fasting, *Plat.*

Eructations empty, in the forenoon, *Conn.*

Eructations empty, before breakfast, *Bov.*, *Ran. s.*

Eructations empty, after a cough or during paroxysms of coughing, *Sang.*

Eructations empty, after dinner, *Sulph.*

Eructations empty, after eating, in general, *Acon.*, *Camph.*, *Nat. m.*, *Ox. ac.*,

Phos., *Plat.*, *Ran. s.*, *Sep.*, *Sulph.* and *Verat.*, of which *Sulph.* and *Verat.* are leaders.

Eructations empty, during mental exertions, *Hep.*

Eructations empty, during a headache, *Calc.*

Eructations fluid, we have *Calc.*, *Lac. ac.*, *Plat.*, *Puls.* and *Sulph.* Of these *Puls.* leads.

Eructations fluid, in the forenoon, *Carls.*

Eructations fluid, at 4 P. M., *Lyc.* and *Valer.*

Eructations fluid, after white bread, *Crot. h.*

Eructations with regurgitations of food, calls for many remedies of which the following are most frequently indicated, viz.: *Arum. t.*, *Bry.*, *Calc.*, *Camp.*, *Carb. v.*, *Caust.*, *Chin.*, *Ferr.*, *Hep.*, *Kali. bi.*, *Lach.*, *Lyc.*, *Mag. ph.*, *Merc*, *Mez.*, *Mur. ac.*, *Nat. m.*, *Nux v.*, *Phos.*, *Phos. ac.*, *Podo.*, *Puls.*, *Rhus. t.* and *Sulph.* Of these *Chin.*, *Ferr.*, *Phos.*, *Phos. ac.* and *Puls.* are leaders.

Eructations with regurgitation of food at noon, *Ferr.*

Eructations with regurgitations of food at night, *Phos.*

Eructations with regurgitation of food, tasting bitter, *Lyc.* and *Nat. c.*

Eructations with regurgitation of food after coughing, *Raph.*

Eructations with regurgitation of food after eating, *Ferr.*, *Nat. m.*, *Phos.*

Eructations with regurgitation of food immediately after eating, *Mag. ph.* and *Phos.*

If the food is "gulped" up by the mouthful soon after eating—particularly when there is great craving for cold food and drinks—your leader is *Phos.* in the potency. You may need to study, in this connection, *Dig.*, *Ferr.* and *Hyosc.*

When the eructations are of sour food you will think along the line of *Dig.*, *Ferr.*, *Lyc.*, *Phos.*, *Podo.*, *Puls.*, *Robina.* and *Sulph.*

When sour food is gulped up in small

quantities, your greatest help lies in *Mag. m.*

When eructations taste like the food eaten, you will quickly call to mind *Ant. c.*, *Bry.* and *Puls.*

N. B.—In *Ant. c.* the nausea is persistent, and the stomach easily deranged, especially by taking vinegar. In *Bry.* the food comes up in mouthfuls, when moving about, and ceases on lying down.

In *Puls.* there is a slimy, bitter or fatty taste to the eructations.

These three remedies do not not cover all cases where food eaten is tasted in the eructations. You will possibly need to study *Apis*, *Calc.*, *Carb. an.*, *Caust.*, *Con.*, *Graph.*, *Grat.*, *Ip.*, *Phos.*, *Ran. s.*, *Sil.*, *Sulph.* or *Thuya.*

If the taste of food is intensified by drinking water, your remedy is *Apis.*

When the eructations are *foul*, that is, have a sickening taste or odor, *Arn.* and *Asaf.* are your leading generals. *Arnica*, if the eructations taste like rotten eggs,

Asafœtida, if the eructations taste or smell like old or rancid fat. You will often need to study and use *Ant. t.*, *Carb. v.*, *Cocc.*, *Dig.*, *Ferr.*, *Fl. ac.*, *Graph.*, *Hep.*, *Kali bi.*, *Plb.*, *Psor.*, *Puls.*, *Sep.*, *Sul. ac.* and *Sulph.*

When this condition is worse in the morning, think of *Nux v.*

If after rich food, *Asaf.*, *Caust.* and *Puls.*

If the odor is like feces or garlic, *Asaf.*

If the eructations are frothy, *Caust.* or *Lach.*

If the eructations are greasy, *Mag. c.* Sometimes *Cycl.* or *Puls.*

If the eructations are hot, *Hep.*, *Lac. ac.*, *Petr.*, *Phos.* or *Podo.*

Should these hot eructations come on soon after eating, then think of *Podo.* or *Sinnap.*

If the eructations are loud, noisy, composed of great quantities of gas, think of *Arg. n.* or *Plat.*

Arg. n. if this condition comes on soon

after eating, and *Plat.* when the stomach is empty.

When there are eructations of mucus, study *Arn.*, *Caust.*, *Kali bi.* or *Lach.*

If they taste like musk, give *Caust.*

If they are nauseous think first of *Puls.* If the symptoms do not agree, then study *Carb. v.*, *Graph.* or *Sep.*

When the eructations are putrid, think of *Acet. ac.*, *Arn.* or *Bor.*

When the eructations are rancid, you again turn to *Asaf.* if the symptoms agree. Should this not cover the case turn to *Calc.*, *Carb. v.*, *Croc.*, *Graph.*, *Psor.* or *Puls.*

When the eructations are salty think of *Carb. an.* or *Kali c.*

When the eructations scratch the throat, *i. e.*, are acrid, give *Nat. m.*

When the eructations are severely sour, *i. e.*, when there is acidity of the stomach so that the eructations taste of the acid, you have a number of strong leaders, viz.: *Carb. v.*, *Chin.*, *Ign.*, *Lith.*, *Lyc.*, *Mag. c.*,

Nat. c., *Nat. s.*, *Nux v.*, *Phos.*, *Rob.*, *Rheum.* and *Sulph.*

As to the particulars, think of *Nux v.* or *Sulph.*, when this condition is worse by day.

Think of *Puls.* when worse in the morning.

Think of *Nat. c.* when worse in the afternoon.

Think of *Alumina* when worse in the evening in bed.

Think of *Mag. c.* when worse after eating cabbage.

Think of *Cycl.* or *Puls.* when after drinking coffee.

Think of *Sulph.* or *Zinc.* when worse after dinner.

Think of *Sulph. ac.* when it occurs in drunkards.

Think of *Nat. m.* when worse after eating.

Think of *Caust.* when worse after farinaceous foods.

Think of *Nit. ac.* or *Rob.* when worse after fat foods.

Think of *Chin.* when worse after fruit.

Think of *Lyc.* when the condition is intermittent.

Think of *Kali c.* when worse *before* menses.

Think of *Mag. c.* when worse *during* menses.

Think of *Calc.*, *Carb. v.*, *Chin.*, *Lyc.*, *Mag. c.* or *Sulph.* when worse after drinking milk.

Think of *Caust.* when worse after eating sugar.

Think of *Plb.* when the eructations are *sweetish.*

Think of *Nat. m.* when the sweetish eructations are worse before menses.

Think of *Zinc.* when they occur in pregnancy.

Think of *Lyc.* when the eructations are tasteless.

This remedy does not cover all such cases of tasteless eructations, and you will often need to study *Bry.*, *Calc.*, *Colch.*, *Croc.*, *Dios.* and *Nat. m.*

When the eructations are composed of water, turn at once to *Colch.*, *Graph.*, *Merc.* or *Plb.*

We now come to a very common, but sometimes very stubborn condition accompanying eructations, known as "water-brash." For this notice the following general remedies, viz.: *Bar. c.*, *Bry.*, *Calc.*, *Carb. v.*, *Lyc.*, *Mez.*, *Nux v.*, *Par.*, *Puls.*, *Sabad.*, *Sang.*, *Sil.*, *Sulph.*, *Staph.*, and *Verat.*

N. B.—Bar. c. In a dwarfish or delicate person.

Bry. In nervous, dry, slender people.

Calc. In persons with large head and belly—flabby people.

Carb. v. In irritable, peevish, "want to be fanned" people.

Lyc. In haughty, mistrustful people, worse in the afternoon.

Mez. When the "mouth waters" constantly.

Nux v. In irritable, sullen, dark-complexioned people.

Par. When there is a greasy cuticle on the urine.

Petr. When there is a marked dislike to fats, cabbage, etc.

Puls. "Very easily excited to tears."

Sabad. When eructations are worse getting cold.

Sang. When the trouble is worse every seventh day.

Sil. When there is much foot sweat with foetid odor.

Staph. When the conditions are brought on by sexual excess.

Sulph. In lean, scrofulous individuals.

Verat. When there is cold sweat on the forehead, at every slight exercise of body.

Notice a few particulars and we shall close this subject.

For water-brash at night, in bed, *Carb. veg.*

For water brash during menses, *Puls.*

For water brash after eating, *Bry.*, *Kali c.*, *Sep.*, *Sil.*, *Sulph.*

For water brash before menses, *Nux m.*, *Puls.*

For water brash after drinking milk, *Calc.*, *Cupr.*

For water brash during pregnancy, *Lac. ac.*, *Nat. m.*, *Nux m.* and *Tabac.*

For water brash when riding in a carriage, *Nux m.*

For water brash after strong or spiced foods, *Mag. c.*

For water brash with frequent swallowing, *Merc.*

Faintness.

For that peculiar feeling in the stomach known as *faintness*, we have an excellent remedy in *Tabac.;* except when the faintness is produced by pressing on the stomach, when *Merc.* is indicated.

However, as individuals and conditions differ, it will be necessary to study, in addition to the above, *Cimic*, *Crot. h.*, *Dig.*, *Glon.*, *Hydr.*, *Nat. m.*, and *Sulph.*

N. B.—Cimic. is indicated when the

condition is caused by meeting a friend—rather strong, but true.

Fermentation.

Here we have two strong remedies in *Caust.* and *Chin.* *Caust.* when there is much burning, and *Chin.* in great distension of the stomach.

Fluttering.

So many people complain of a fluttering sensation in the cardiac region, which they think is due to organic heart trouble, but which is really a functional disturbance of the stomach, and for this condition *Nux v.* takes the lead. *Cact.* and *Lyc.* are also indicated.

Fullness.

For that sensation of fullness in the stomach, you will be led to think first of *Carb. v.*, *Lyc.*, *Nux m.* and *Sulph.* Remember, however, that *Ant. c.*, *Arg. n.*, *Arn.*, *Bar. c.*, *Bell.*, *Bov.*, *Bry.*, *Calc.*,

Calc. ph., *Cast. eq.*, *Caust.*, *Chin.*, *Coloc.*, *Con.*, *Cycl.*, *Ferr.*, *Fl. ac.*, *Graph.*, *Grat.*, *Hell.*, *Hydr.*, *Ign.*, *Kali c.*, *Kreos.*, *Lob.*, *Manc.*, *Merc.*, *Mosch.*, *Nat. m.*, *Nat. s.*, *Nux v.*, *Op.*, *Phos.*, *Prun.*, *Puls.*, *Rheum.*, *Rhus t*, *Rob.*, *Sabin.* and *Secale*, all of which are indicated when the symptoms agree.

If this sensation of fullness comes on in the afternoon daily, you will doubtless find your greatest help in *Sulph.* Should it come on in the evening after retiring, you have a potent force in *Nat. s.* If the pressure of the clothing aggravates this fullness, you will think of *Gels.;* if it is caused or aggravated by drinking, either cold or hot drink, you will study *Manc.*

If this fullness comes after eating, your first thought will be of *Lyc.* and *Nux v.*, and in simple or uncomplicated cases either one of those may be indicated.

N. B.—A *Lyc.* fullness comes on *while eating*, and a *Nux v.* fullness, about one or two hours *after eating*.

There are many cases not covered by either *Lyc.* or *Nux. v.*, and to cure them you will need to study *Ars.*, *Carb. v.*, *Chin.*, *Colch.*, *Cop.*, *Ferr.*, *Hydr.*, *Kali c.*, *Lac. ac.*, *Nat. m.*, *Nit. ac.*, *Puls.*, *Rhus t.*, *Sil.*, *Spong.* and *Sulph.*, each of which has a special indication for it use.

When one is afflicted with eructations after eating but little, no matter what kind of food, your great help lies in *Lyc.* This is particularly true if such an individual has pain, fullness (bloating) or nausea after eating oysters in any form. As in many other cases, so in this one, *Lyc.* will not cure every one, and we sometimes must study carefully the following: *Carb. an.*, *Chin.*, *Dig.*, *Ferr.*, *Kali c.*, *Manc.*, *Nat. m.*, *Pul.* and *Sulph.*

Do not forget that, where the eructations relieve whatever uncomfortable sensation there may be in the stomach, *Carb. v.* and *Nux v.* will be your first thought. If this sensation of fullness disappears during sleep, to reappear after waking, *Phos.* is your remedy.

GAGGING.

(Nausea, Attempt to Vomit.)

This means "sick at the stomach" with inability to vomit, or abortive attempts at vomiting. When it is the result of a disordered stomach, or general systemic disturbance, you will find your greatest help in *Carb. veg.*, *Chin.*, *Kali c.*, *Lyc.* or *Podo.*

But if it is worse in the morning, think of *Corn. c.*

If it is worse at night, you will think of *Arg. n.*

If it comes from, or accompanies coughing, you will turn to *Lach.* or *Lyssin.*

When it comes on after eating, *i. e.*, the usual meal, your remedies will be selected from *Ambr.*, *Kali c.* or *Lach.*

If it is caused by accumulation of mucus in the throat (fauces), study *Carb. v.* or *Lyc.*

GOUT.

A gouty stomach is a hard one to man-

age, but study well *Ant. c.* or *Nux m.* and see if one of these two will not give relief, especially so if the trouble is metastatice.

Gurgling.

This refers to a gurgling sound in the stomach; sometimes called rumbling. When with this gurgling you have more or less cramping pains in the stomach your prime remedy is *Cupr.* You will also find, in simple cases, such remedies as *Arn.*, *Ars.*, *Hydr. ac.*, or *Lauro.* very valuable.

When this sound is caused by drinking water or milk, think at once of *Cupr.* or *Hydr. ac.*

Hanging.

This means a relaxed condition of the stomach, a sensation as if the stomach were hanging down, or was being lowered by some cause. In such sensations your very first thought will be of *Ip.*

Should this not be indicated by the

totality of symptoms, then turn to a study of *Calc.*, *Calc. ph.*, *Carb. veg.*, *Lyc.*, *Staph.* or *Sul. ac.*

Hardness.

This does not mean a hardness such as accompanies cancer or other growths in the stomach, but a temporary sensation of hardness. Our provings in such conditions are not very elaborate, but we have found that *Baryta carb.* and *Baryta mur.* are effective in removing such a condition when the symptoms agree. (*See cancer.*)

Heartburn.

How often do we find this amazing symptom? It is usually the result of errors in diet, or the excessive use of tea, coffee, tobacco or liquor. Whatever the cause may be, remove it first. Then turn to this fine selection of remedies, one of which will doubtless cure your case. Your leaders are: *Calc. c.*, *Carb. v.*, *Cic.*,

Con., *Croc.*, *Ferr. p.*, *Lyc.*, *Mag. c.*, *Nux v.* and *Puls.* It is possible that your case may be of such a nature as to require some other remedy, and then you will find one of the following useful, viz.: *Aesc.*, *Ambr.*, *Am. c.*, *Apis*, *Ars.*, *Berb.*, *Bry.*, *Canth.*, *Caps.*, *Carb. an.*, *Caust.*, *Chel.*, *Chin.*, *Chin. s.*, *Fl. ac.*, *Graph.*, *Hep.*, *Iod.*, *Iris*, *Kali c.*, *Lach.*, *Lob.*, *Nat. c.*, *Nat. m.*, *Nat. s.*, *Phos.*, *Podo.*, *Rob.*, *Sabad.*, *Sabin.*, *Sep.*, *Sil.*, *Sinnap.*, *Sulph.*, *Syph.*, *Valer.*, *Verat. v.*, *Zinc.*

Now if this heartburn comes on before breakfast, *Nux v.* (in potency) is your remedy. It should be given the evening previous.

If this trouble comes on in the evening, usually after the evening meal, think of *Nat. m.*, *Ox. ac.*, or *Petr.*

When it comes on at night only, and not by day, you will give *Merc.* If it is worse lying down, by day or by night, think of *Rob.;* and if during pregnancy, *Merc. viv.*

When found in old drunkards, there is little to do while they persist in drinking, yet *Nux v.* in high potency will give some relief. This must be accompanied by *total abstinence.*

If it comes after eating, you will study *Æsc.*, *Am. c.*, *Calc. c.*, *Calc. ph.*, *Chin.*, *Graph.*, *Iod.*, *Nat. m.*, *Nit. ac.* and *Nux. v.*

Notice, please, that each remedy has its own peculiar *form* of *heartburn*, and one will not suffice for the other. Notice, also, these few particulars:

If heartburn follows repeated eructations, give *Calc. c.*

If it comes from eating meat, especially beef-steak, you will think of *Ferr. ph.* When it comes on regularly before the menstrual epoch, think of *Sulph.*

If drinking sweet milk produces it, you will give *China.*

When the heartburn is accompanied by nausea—sick stomach—think of one of these three: *Calc.*, *Puls.* or *Sang.*

Heartburn during pregnancy is usually

covered by *Caps.* or *Merc.* When it comes on habitually after supper, you will think of *Alumina.* When it is caused or made worse by walking in the open air, think of *Ambr.* Study your patients carefully before prescribing, and be *sure* the remedy you select is of proper potency and that it "covers the case."

Heat.

Here is a condition, expressed by a symptom, heat, which will sometimes puzzle you. Your leading remedies are *Ars.*, *Bry.*, *Caust.* and *Nux vom.* I say these are leaders, yet you will often find one of the following remedies needed, viz.: *Acon.*, *Alumina*, *Anth. n.*, *Apis*, *Arg. n.*, *Camph.*, *Canth.*, *Cic.*, *Hydr. ac.*, *Lac. ac.*, *Lac c.*, *Lob. i.*, *Nat. m.*, *Nit. ac.*, *Nux m.*, *Phos.*, *Phyto.*, *Podo.*, *Rob.*, *Tereb.* and *Thuja.*

If the burning is worse after eating you will study *Ferr.* or *Sep.*

If the burning radiates from the stom-

ach over the entire body your first thought is of *Camphor.*

If the heat extends from the stomach to the head, think of *Calc. c.*

If it extends upwards into the throat your first thought is of *Ferr.* or *Valer.;* and if the rising into the throat resembles a flame, "hot flame," study *Mancinella.*

Heaviness.

By this we mean a sensation of weight or oppression in the stomach. Here again many remedies are indicated, but we have four that lead, viz.: *Chin.*, *Lyc.*, *Nux v.* and *Sulph.* In addition to these you will often be compelled to think of *Ant. t.*, *Apis*, *Apoc.*, *Arn.*, *Arg. m.*, *Brom.*, *Bry.*, *Cact.*, *Carb. an.*, *Carb. veg.*, *Carl.*, *Crot. h.*, *Cycl.*, *Fl. ac.*, *Gels.*, *Hydr.*, *Kali bi.*, *Kali c.*, *Lob. i.*, *Mag. m.*, *Nat. m.*, *Nat. s.*, *Op.*, *Phos.*, *Plat.*, *Rob.*, *Sang.*, *Sil.* and *Tabac.*

NOTICE:

In *China* we have oppression, a sensation of fullness with inability to pass the "gas" upwards or downwards.

In *Lyc.* we have a sensation of heaviness or fullness immediately after eating but a little.

In *Nux v.* the sensation of heaviness or oppression comes on two or three hours after eating.

In *Sulph.* there is much flatus, "gas," in stomach and in the bowels, with a faint feeling from 30 minutes to an hour before each meal.

If this heaviness is most marked in the morning on waking, you will give *Carb. an.* or *Puls.*, according to the totality of symptoms.

If it comes on soon after the noon-day meal, or at 4 o'clock P. M., *Lyc.* is your remedy, unless other symptoms or conditions call for another remedy.

Should this heaviness reveal itself more

by night than at any other time, you will study carefully *Æsc.* or *Chin.* Between these two remedies it is easy to differentiate.

When this heaviness comes on after cold drinks, you will think of *Ars.* as the first remedy. If not severely chronic, one dose of 30x in ½ glass clear pure water will cure it.

If this heaviness comes after eating, you will find your strongest support in the four following leaders: *Chin.*, *Kali bi.*, *Lyc.* and *Sulph.*

Chin. is characterized by a pressure or heaviness in the pit of the stomach, extending upwards, with inability to eructate.

Kali bi. is characterized by the sensation of a load in the stomach with actual suspension of digestion. Food seems to remain as when eaten.

Lyc. is characterized by heaviness and fullness combined, impeding natural breathing. The feeling of hunger with easy satiety must not be forgotten.

Sulph. is characterized by a sensation of weight; a downward pressure or heaviness, and is, therefore, just the opposite of *China.*

Such remedies as *Ant. t.*, *Apis*, *Apoc.*, *Arn.*, *Arg. m.*, *Ars.*, *Brom.*, *Cact.*, *Carb. an.*, *Carb. v.*, *Carls.*, *Crot. h.*, *Cycl.*, *Fl. ac.*, *Gels.*, *Hydr.*, *Kali bi.*, *Kali c.*, *Lob. i.*, *Mag. m.*, *Nat. m.*, *Nat. s.*, *Op.*, *Phos.*, *Plat.*, *Rob.*, *Sang.*, *Sil.* and *Tabacum* are often indicated, and each one has its own, its individual, peculiarity which it cures.

Let us now turn to a few particulars of value.

If this heaviness occurs in the morning on *waking*, your remedies will be *Carb. an.* or *Puls.*

If it occurs after eating or in the afternoon, in most cases you will give *Lyc.*

If it occurs at night and wakes one out of sleep, you will think of *Æsc.* or *Chin.*

If after cold drinks, give *Ars.*, and particularly if these cold drinks excite nausea or vomiting.

If this heaviness is most marked after eating, you are again introduced to four leaders, *Chin.*, *Kali bi.*, *Lyc.* or *Sulph.* Other remedies, such as *Abies n.*, *Am. c*, *Bry.*, *Chin. s.*, *Elaps*, *Hep.*, *Hydr.*, *Iod.*, *Lach.*, *Nit. ac.*, *Phos.* and *Rumex*, are often of most excellent service.

Now if this heaviness occurs after eating but little, *Chin.* and *Lyc.* are the first to offer their services.

If this heaviness is caused by an excessive meat diet, or, indeed, caused by any quantity of meat, give *Kali bi*

If it comes after a sleep, by day or by night, give *Lach.*

Hiccough.

Here we meet a symptom that is often very distressing, and to make an accurate prescription is not an easy task. Our leading remedies are: *Am. m.*, *Ars.*, *Cic.*, *Cycl.*, *Hyos.*, *Ign.*, *Iod.*, *Lyc.*, *Mag. p.*, *Merc.*, *Nicc.*, *Nux m.*, *Nux v.*, *Secale* and *Teucr.*

NOTICE.

Am. m. Has a hiccough, usually accompanied with a bitter taste, and *sharp*, *stitching* pains in the chest.

Ars. Has a hiccough in fevers, and the peculiarity is this—the hiccough immediately precedes the on-coming attack of fever—a prodrome.

Cic. Has a violent, loud sounding hiccough accompanied with crying—in persons subject to convulsions.

Cycl. Has a violent hiccough, one that comes on while eating and continuing a long time after eating—a sort of hiccough-like eructations. Especially when this occurs in pregnant women.

Hyosc. Has a hiccough accompanying spasms, with loud rumbling in stomach and bowels.

Ign. Has a hiccough caused by strong emotions, especially grief, and by smoking tobacco. It is especially useful in "touchy" children, who take every little correction "to heart."

Iod. Has a hiccough in lean, swarthy, dried-up creatures, who are constantly eating and growing thin at it.

Lyc. Has a sour hiccough, and which, with nearly every eructation, he "gulps" up a watery, sour substance.

Mag. phos. Has a spasmodic hiccough, day and night, with retching, "gulping" up the contents of the stomach with bile and slime, and all this with great pain and lamentation.

Merc. The hiccough of *Merc.* has no special characteristic, except that it is accompanied by an excessive flow of saliva.

Nicc. Has violent hiccough, but that which distinguishes it from other forms is, short paroxysms, about twenty minutes apart, and which, if not cured, might possibly continue for a week. This hiccough produces severe soreness in the pit of the stomach and hypochondria.

Nux m. Has a severe hiccough that is attended by a sensation of great fullness in the stomach and difficult respirations.

Nux v. Has a hiccough caused by excessive eating, or the use of highly spiced foods, or foods that are too hot or too cold. The patient is prone to anger when hiccough is severe, and this does *not* ameliorate the trouble.

Secale. The hiccough of *Secale* is a strange one, in this, that more or less nausea attends it, with emissions of coffee-ground substance or particles of blood from the stomach.

Teuc. This remedy has but one, and that one a very strange characteristic, viz.: paroxysms of hiccough in persons afflicted with pin worms. When the worms disappear the hiccough ceases.

There are many other remedies indicated, but their provings are not so clearly marked as those already mentioned. A mastery of the above will aid any one in making a reasonably careful and effectual prescription in hiccough.

Indigestion.

By this we mean faulty digestion or discomforts in the stomach caused by eating or drinking certain kinds of food or drink, or by thermal changes not mentioned elsewhere in this book.

Our leading remedies are: *Alumina*, *Bar. m.*, *Calc.*, *Carb. v.*, *Ip.*, *Lyc.*, *Nux v.*, *Puls.* and *Sulph.*

Wherein do these remedies differ in digestive disturbances, the one from the other?

Notice.

Alumina. Has a constricting, or twisting, or drawing, or stitching pain in the stomach, extending up into the chest, aggravated by eating potato.

Bar. mur. Has a pressive, cramping, heavy feeling in the stomach, which is very sensitive, and is always made worse by solid food, though he takes but little of it.

Calc. Has a peculiar hardness and swelling at the pit of the stomach, which is very sensitive; cannot bear the pressure of his clothing, and has a strong craving for boiled eggs. A *Calc.* patient is a very poor assimilator and is in danger of malignant growths in the stomach.

Carb. veg. Has these peculiarities: sensitiveness in region of stomach, distention, great fullness with a sensation of burning in the stomach.

Ip. Has a sensation of relaxation, as if the stomach hung down relaxed, and with this there is an indescribable nausea *not* relieved by vomiting.

Lyc. Very much like *Carb. v.*, has great sensitiveness in the region of the stomach, with this modality, that all the stomach symptoms are worse after eating, and worse in the latter part of the afternoon.

Nux v. Has a stomach that has been disordered by high living, overeating, drinking too much coffee or liquor; or

disturbances caused by indulging a fitful temper; and all these things producing a cramping, burning, clawing sensation in the stomach.

Puls. Has indigestion from eating sweets or fats which cause the stomach to become sour.

Sulph. The *Sulphur* stomach is a veritable crank; for about one hour before his usual meal time, he complains of a weak, empty, all gone feeling that makes him feel like fainting, and when he has appeased these conditions by a reasonably hearty meal then he complains of a fullness, heaviness and sense of weight in the stomach. He is a hard case to please.

I will ask you to observe these few particulars under this subject:

Indigestion produced by drinking bad water, needs *All. s.*

Indigestion caused by coffee, needs *Cham.* or *Nux vom.*, and the practice of *total abstinence* in coffee drinking. Don't take the medicine with the hope of in-

dulging your appetite for coffee, you'll get fooled.

Indigestion caused by eating cold food needs *Ant. c.* to correct the error.

Indigestion caused by eating farinaceous—breakfast—foods needs a dose of *Sulph.*

When caused by eating fish, take a dose of *China*, but stay away from China.

When caused by eating fruit, take *China.*

If it results from drinking milk, you will choose between *Æth.*, *Ant. c.*, *China* and *Iris.*

If caused by eating pork, give *Cycl.*

If by potatoes, give *Alumina.*

These few points will aid you over the worst part of the road.

Induration.

This means a hardening of the walls of the stomach. In all such conditions your first thought is of *Ars.* Should this remedy not cover the totality of the symp-

toms you will be led to study such remedies as *Acet. ac.*, *Kreos.*, *Lyc.*, *Mez.*, *Nux v.* and others.

Inflammation.

In this symptom—rather this affliction—whether acute or chronic, we have some very excellent remedies. Our leaders are: *Ant. t.*, *Ars.*, *Bell.*, *Bry.*, *Lyc.* and *Nux vom.* But when shall I give the *one* and not the other?

Notice.

Ant. t. Has great nausea, severe straining at vomiting, with great anxiety, trembling of hands, and tendency to cramps in the legs during such vomiting spells.

Ars. Has that restlessness, anxiety, fear, burning pain in the stomach, thirst for small quantities of water, with ejection of the same as soon as it reaches or gets warm in the stomach.

Bell. Has violent throbbing in the

stomach, aggravation from light or noise. Particularly inflammations resulting from exposure to cold winds.

Bry. Has aggravation of every symptom from motion or pressure, and thirst for large quantities of water at lengthened intervals and seldom much vomiting.

Lyc. Carries with itself its unmistakable modality of aggravation from eating, and worse in the latter part of the afternoon.

Nux v. Has an inflammation caused in great part by errors in diet or indulgence in too highly seasoned foods and drinks.

It is important that the modalities of the different remedies be carefully mastered if we would be careful prescribers.

This list does not cover all the remedies indicated in inflammation of the stomach, for you may need to study *Æth.*, *Ant. c.*, *Apis*, *Arg. n.*, *Bary. m.*, *Bism.*, *Camph.*, *Canth.*, *Cocc.*, *Dig.*, *Ip.*, *Plb.*, *Sang.*, *Secale*, *Tereb.*, *Verat.*

Remember that each remedy has its own particular "similar" in disease, and is curative of its own similars, and none other.

If this inflammation results from taking cold, *Coloc.*

If it results from eating or drinking cold things, *Acon.*

When it results from being overheated, think of *Acon.* or *Kali c.*

Laxity.

By this we mean a sensation in the stomach as if it needed a support. It wants to hang down, is flabby, feels wilted and tired. No matter what the pathology, your first thought is of *Ign.* Should this not cover *all*, or the major part of the symptoms, turn to *Ip.*, *Tabac.* or *Sulph.* If you have interpreted carefully the symptoms, you will find one of these curative in most cases.

Lime.

When you find a person suffering from a sensation or pain in the stomach as if lime were being burned there, give *Caust.* It is the *only* remedy that has this symptom in a marked degree.

Loathing.

This does not mean a nausea, but a simple dislike for food in general or certain foods in particular.

Here you are led by such remedies as *Ant. c.*, *Ars.*, *Cocc.*, *Colch.*, *Kali c.* and *Sep.* Let us not tarry at the *special* indication for each remedy; this you can study out when you have more time. Following the above, you may need to use, at times, *Ant. t.*, *Arg. n.*, *Arn.*, *Bell.*, *Bry.*, *Canth.*, *China*, *Dulc.*, *Ferr.*, *Gamb.*, *Grat.*, *Ip.*, *Mag. c.*, *Nux v.*, *Olean.*, *Phos.*, *Plat.*, *Prun.*, *Puls.*, *Sabad.*, *Secale*, *Sil.* and *Sulph.*

Lump.

This is sometimes expressed as a "stone" or weight, or heaviness, and your leader for this symptom is *Sanic.*

Remember, however, that it is not a *cure all* for this sensation, for *Agar.*, *Bry.*, *Graph.*, *Hep.*, *Kali bi.*, *Kali c.*, *Lob.*, *Nux m.*, *Nux v.* and *Rhus t.* may be indicated according to the totality of the symptoms present.

If this sensation occurs after midnight, think of *Arg. n.*

If it is caused by lying on the back, you will think of *Sulph.*

Nausea.

In common language we call this sensation, or symptom, "sickness at the stomach," "I feel like vomiting" sort of a sensation, and yet this does not necessarily imply vomiting. The leading remedies in nausea are: *Ant. c.*, *Ant. t.*, *Arg. n.*, *Ars.*, *Bell.*, *Cham.*, *Cocc.*, *Dig.*, *Dulc.*,

Hell., *Hep.*, *Ip.*, *Iris*, *Nat. m.*, *Nux v.*, *Petr.*, *Puls.*, *Rhus tox.*, *Sang.*, *Sep.*, *Sil.*, *Sulph.*, *Tabac.*, *Valer.*, *Verat.* and *Zinc.*

MORNING (Aggravation).—Suppose there is nausea in the morning only, or suppose it is worse in the morning, your leading remedies are *Nux v.*, *Puls.* and *Sep.* Possibly neither of these covers the case, then turn to one of the following: *Anac.*, *Arn.*, *Bov.*, *Cact.*, *Calc. c.*, *Carb. veg.*, *Cham.*, *Cic.*, *Cur.*, *Dig.*, *Graph.*, *Kalm.*, *Lac d.*, *Mez.*, *Nat. m.*, *Petr.*, *Psor.*, *Sil.*, *Sulph.*

Let us study this matter a little more carefully.

If the nausea occurs early on waking, while still in bed, *Nux v.*

If it comes on during the menses, you will again study *Nux v.;* but in this symptom we have a close second in *Graph.* and *Mag. c.*

If it comes on while cleansing the teeth, washing the mouth or gargling thet hroat, think of *Sep.*

If you find an individual who becomes nauseated on perspiring, give *Nux vom.*

If the nausea comes on on rising or moving about early in the morning, you will find *Lac d.*, *Nux v.* or *Sep.* ready to run to your aid.

If this nausea comes when walking about, and subsides on sitting down, give *Sep.*

Now suppose the patient gets along nicely until in the afternoon before the nausea appears, you will be directed to the study of *Cocc.*, and particularly so if this nausea is intensified after drinking water.

There are three other remedies that have nausea in the afternoon, and they are *Phos.*, *Ran. b.* and *Sil.*

Suppose this nausea does not appear until late in the evening, sometime after supper, then you will study *Calc.*, *Hep.*, *Pall.* and *Puls.*

Is it not strange that some persons can drink water during the day without nau-

sea, but when they drink it before retiring they feel like vomiting? Yet such is the case. *Nat. m.* and *Nux v.* will correct the trouble.

When you find a person who is nauseated during stool, and at no other time, give him a dose of *Sulph.*

Nausea at night, that is, after one has retired, will lead you to study *Carb. an.*, *Dulc.* or *Merc.* Look well to your cause.

Nausea before a chill, calls for *Eup. per.*

Nausea after drinking *cold* water, for which the patient has a great thirst, needs *Phos.*

Nausea during the menstrual epoch needs *Puls.*

Nausea accompanied with cramping or pressing pains in the abdomen, needs *Nux v.*

Nausea that comes on in a warm or poorly ventilated room, and is relieved by going into the open air, needs *Tabac.*

Nausea appearing during apyrexia of

fever, needs, if not otherwise controlled, *Ant. c.*, *Chin. s.* or *Puls.*

We have spoken of morning nausea—not due to pregnancy—on rising. Just this word more; if the nausea does not appear until the individual is up and dressed, and always *before* breakfast, give *Sep.* If the nausea comes on after breakfast, you will think of *Cham.* or *Sars.*, except in jaundiced conditions with a clay-colored stool, in which case you will give *Dig.*

If nausea at any time is caused by the smell of food, particularly the odor or even thought of food being cooked, give *Colch.*

Here and there you will find a case that complains of nausea in the *chest*, and then your first thought is of *Rhus t.*

Then, again, you will find people who complain of nausea from getting cold or chilled, and then you will think of *Camph.*, *Eup. per.*, *Kali bi.*, *Kreos.*, *Lach.* or *Puls.*

Should the nausea precede a chill, say, in intermittent fever, you have your great aids in *Ars.*, *Carb. v.* and *Ip.*

If the nausea, however, comes on *during* the chill, think at once of *Eup. per.* If this remedy does not cover the totality of symptoms, or fit your case, turn to *Cham.*, *Cocc.*, *Ip.*, *Lyc.* or *Nat. m.*

When the nausea follows the chill, you will think of *Elat.*, *Eup. per.*, *Ip.* or *Kali c.*

If the nausea continues from one chill to another, you had better study *Chin. s.*

You see from the above that a nausea before, during, or after a chill, or a nausea constantly accompanying a chill, has its greatest foe in *Eup. per.*

When nausea comes on from closing the eyes, give either *Lach.* or *Ther.*

If nausea is produced by drinking coffee, think of one of the four following remedies: *Calc. p.*, *Caps.*, *Caust.* or *Cham.*

Nausea on getting cold, especially in persons suffering from indigestion, think first of *Cocc.*, then of *Hepar.*

Nausea after cold drinks is cured by *Ars.*, *Calc.*, *Kali c.*, *Lyc.* or *Rhus tox.* Care must be taken to differentiate between the indications for the use of these remedies.

If the nausea is relieved by cold drinks, you will think of *Bism.* or *Phos.*

Constant nausea calls for *Nux v.*, and yet, in many instances, you will be compelled to use *Ant. c.*, *Ant. t.*, *Dig.*, *Lac c.* or *Lyc.* before you will get relief; and this from the simple fact that *Nux v.* is not a "cure all."

Nausea during a cough has for its leader our fair haired *Puls.*, but because of her apparent easy disposition she will fail in many instances, and it is then that you will have to call on *Calc.*, *Cocc. c.*, *Ign.*, *Ip.*, *Kali bi.*, *Kali c.*, *Merc.*, *Nux v.*, *Phos. ac.*, *Sep.* or *Verat.* to help you out of your trouble.

A very deathly nausea, such as you sometimes find in very severe cases, must have *Crot. h.*, *Ip.* or *Tabac.* There are

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three others we would not fail to mention right here, and they are *Cadm.*, *Camph.* and *Dig.*

Nausea of drunkards is a hard proposition, and your first thought will be of *Kali bi.;* you may sometimes find *Ars.* and *Sul. ac.* indicated in case *Kali bi.* does not cover the case.

Nausea caused by excessive dryness of the larynx, and this dryness caused by excessive tobacco smoking, particularly cigarettes, is most quickly relieved by *Cocc.*

Nausea before eating, this means nausea when the stomach is empty, calls for one of the following: *Caust.*, *Nat. s.*, *Phos. ac.* or *Sulph.*

Nausea caused while eating is most speedily relieved by *Caust.*, *Cic.* or *Puls.*

If, however, the nausea comes on after eating, you will first think of *Cocc.*, *Nux v.*, *Puls.* or *Sep.*

N. B.—The nausea of *Cocc.* is described as "in the head," hence accompanied by vertigo.

The nausea of *Nux v.* is described as "qualmish."

The nausea of *Puls.* is also a qualmishness, accompanied by chills on rising, or by particles of food rising up into the throat.

The nausea of *Sep.* is described as a waterbrash.

Now and then a person complains of nausea on eructating; "sick at the stomach when I have to belch," and is relieved of nausea as soon as the eructation is over, and it is then you will think of *Kali c.*

A nausea accompanied by a sensation of great weakness, a sensation as if about to faint, will lead you to think of *Cocc.*, *Lach.* or *Nux vom.*

If nausea comes on during an attack of fever, study *Nat. m.* But notice, give nothing that will interfere with the indicated remedy.

If your patient needs *Nat. m.* for the fever, it will also relieve the nausea dur-

ing fever, and for this particular reason we call your attention to the following: *Ars.*, *Carb. v.*, *Cimex*, *Eup. per.*, *Ip.*, *Nux v.* and *Sang.* Do not forget that the remedy indicated in the totality of the symptoms, in case of fever or other acute diseases, will also control the symptoms of nausea.

When nausea results from rich food, study *Nit. ac.*, *Puls.* or *Tarax.*

Nausea during headache is sometimes a "corker," and a failure to relieve has often led to empiricism. Notice, we have strong remedies covering this symptom, and they are *Ant. c.*, *Caust.*, *Cocc.*, *Ip.*, *Iris* and *Sang.* When to give one or the other is the problem. Let us try a solution:

Ant. c. Has a nausea and headache caused by foods that do not agree, excessive use of acids, becoming overheated or bathing in cold fresh water.

Caust. Has a nausea with headache, caused by excessive use of acids, sour

eructations, excessive burning in the stomach, with all conditions worse when the stomach is empty.

Cocc. Has a nausea and headache on riding in cars, buggies or in a boat, or horseback. It is one of the great remedies in seasickness.

Ip. Has a constant nausea and headache, not relieved by eructations or vomiting.

Iris. Has a severe nausea with vomiting of acrid, corrosive substances, making the throat sore, and accompanied with great heat in the head.

Sang. Has a nausea with much burning in the stomach, with a headache that is paroxysmal in nature.

An intermittent nausea, or nausea in paroxysms, is cured most frequently by *Ant. t.* and *Tabac.*

I say *most frequently*, for there are instances where *Ant. c.*, *Cina*, *Dros.* and *Sep.* are strongly indicated.

Should the nausea recur regularly the

evening before a paroxysm of fever, you will study *Eup. per.*

A nausea brought on by hard work, or labor of any kind for that matter, is quickly relieved by *Ip.*

A nausea produced by steady or constant use of the eyes, or by straining the eyes, needs *Sars.* or *Ther.*

A nausea caused by the smell or eating of cooked or prepared meats, can be remedied by *Carb. an.*, *Caust.*, or *Colch.*

A nausea preceding each menstrual epoch, is remedied, in most cases, by *Crot. h.*, *Hyos.*, *Ip.*, *Lyc.*, *Nat. m.*, *Nicc.* or *Puls.*, according to the totality of symptoms.

Should the nausea come on *during* the menses, then you will study such remedies as *Borax*, *Bry.*, *Calc.*, *Caps.*, *Colch.*, *Graph.*, *Hyos.*, *Ip.*, *Kali bi.*, *Kali c.*, *Lyc.*, *Nux v.*, *Puls.* or *Vib.*

When nausea is produced by a suppression of menses, your leader is *Puls.*, when no other remedy is indicated.

A nausea resulting from intense or

prolonged mental labor will lead you to think of *Aur. met.* or *Lach.*

Should it result, however, from mental worry or trouble, you will think of *Kali c.*, and when it follows emotions of any kind, give *Kali iod.*

A nausea produced by the use of milk, points at once to *Calc.*, with *Puls.* a close second.

A nausea that is produced by motion of any kind, calls for one of two leading remedies, as a rule *Cocc.* and *Kali c.*

The nausea of *Cocc.* is accompanied with vertigo, and is aggravated by riding in a carriage, street car, boat, etc. The nausea of *Kali c.*, however, results from strong emotions, great anxiety and is accompanied with a sensation of uneasiness in the stomach, or fainting. There are other remedies also indicated when *Cocc.* and *Kali c.* do not suit the conditions. On careful study we find such remedies as *Arn.*, *Bry.*, *Eup. per.*, *Ip.*, *Kali bi.*, *Lac. ac.*, *Op.* and *Tabac.*

When you find a case suffering from nausea caused by moving the eyes, then give *Sep.*

A nausea that is said to be in the mouth more than in the stomach, calls for *Mag. m.* and *Puls.*

A nausea produced by noise of any kind or aggravated by a noise of any kind, calls for *Cocc.* or *Ther.*

When odors of any kind, pleasant or unpleasant, produce nausea, we think at once of *Colch.*, *Dig.* or *Sep.*

NOTICE.

That the nausea resulting from the odor of a bad breath, broth, eggs, fish, food, or the cooking of food, etc., is nearly always cured by *Colch.*

When a nausea is produced by an operation on the abdomen — appendicitis, laparotomy, etc., then give *Bism.* in the potency.

When the odor of oranges or highly scented flowers produce nausea, we think of *Cic. v.*

A periodical or recurrent nausea calls for *Ip.* or *Sang.*

Remember that *Ip.* has this peculiar nausea, *not* relieved by vomiting, and that *Sang.* has a nausea accompanied by loud eructations of wind.

A nausea that comes on during a warm perspiration is nearly always cured by a dose of *Nux v.* in the higher potencies. This remedy, however, is not suited to all cases alike, and we find ourselves often compelled to study *Con.*, *Ferr.*, *Graph.*, *Lob.* and *Merc.*

If this perspiration, however, is cold then we think of one of three great remedies, namely, *Petr.*, *Tabac.*, *Verat.*

One of the great difficulties in a practitioner's work is controlling nausea during pregnancy. Here is where many grievous mistakes are made. Our leading remedies in this difficulty are *Asar.*, *Kreos.*, *Lac. ac.*, *Nux v.*, *Sep.* and *Tabac.*

NOTICE.

That *Asar.* has a horrible sensation in the region of the stomach as of something pressing, digging or clawing, accompanied with nausea immediately on waking in the morning.

The vomiting of *Kreos.* is a sympathetic nausea, a regurgitation of sweetish water, undigested food, or great quantities of sour, acrid fluid or white foamy mucus.

The nausea of *Lac. ac.* has no special characteristic so far as our provings go, except excessive amount of colorless urine.

The nausea of *Nux v.* in the conditions under consideration is constant, worse in the morning before breakfast, and is associated with an ineffectual effort at vomiting.

The nausea of *Sep.* is aggravated by thinking of food. It is not only the thought of food, however, but eating that intensifies the nausea.

The nausea of *Tabac.* cannot be better described than to say it is a deathlike sickness at the stomach. Do you remember your first cigar? That explains it.

There are other remedies indicated by various symptoms in this condition. We have for instance *Ant. c.*, *Ant. t.*, *Ars.*, *Bry.*, *Carb. an.*, *Colch.*, *Con.*, *Hell.*, *Ip.*, *Iris*, *Jatr.*, *Kali c.*, *Lac c.*, *Lach.*, *Lob.*, *Lyc.*, *Mag. c.*, *Mag. m.*, *Nat. m.*, *Nux m.*, *Ox. ac.*, *Petr.*, *Phos.*, *Psor.*, *Puls.*, *Sil.*, *Sul. ac.* and *Symphoricarpus.* This latter remedy, in a high potency, given in the early stages and at lengthened intervals, is a most precious remedy.

A nausea that comes on in the evening after lying down, calls loudly for *Tarent.*

A nausea that is produced by riding in a carriage, car or on horseback, is most frequently covered by one of three remedies, namely, *Cocc.*, *Petr.* and *Sep.* Now if the nausea is ameliorated by riding in a carriage, car, or on horseback, you will at once think of *Nit. ac.*

Sometimes we find people who seem to feel well while lying in bed or on a couch, but the moment they arise from this recumbent position they are at once seized with nausea, and to cure this condition, we give either *Bry.* or *Cocc.*

Again, we often find people while walking in the open air or sitting in a cool room have no symptoms of nausea whatever, but as soon as they enter a warm room and remain long enough to get a little warm themselves, they are seized with an attack of nausea, and for this condition we have a fine leader in *Nat. c.* If the nausea comes on by a mere change of atmosphere from cold to warm, or entering a warm room, you will give *Puls.*

One of the most distressing and perplexing forms of nausea is that known as sea-sickness. Here we have four leading remedies, namely, *Cocc.*, *Nux v.*, *Petr.* and *Tabac.* Of these four, *Tabac.* given in a very high potency, has won the greatest laurels. As a simple remedy for

sea-sickness where there are no complications, *Tabac.* is our leading remedy.

Certain conditions found in the traveling public may necessitate the use of *Carb. ac.*, *Glon.*, *Kali bi.*, *Kreos.* or *Sep.* If the sea-sickness is ameliorated by closing the eyes, then we think of *Ther.*

A nausea that constantly returns after a night's sleep, needs *Verat.*

A nausea brought about by smoking tobacco, needs, first of all, abstinence from tobacco. If this is not done, then give either *Ip.* or *Nux v.* An excellent remedy for destroying the taste for tobacco is *Puls.* Another very excellent remedy is *Caladium.* Also *Lappa Maj.*

A nausea appearing or aggravated before stool needs *Merc.*, *Podo.*, *Rhus t.*, *Sep.* or *Verat.* If this nausea comes on during stool, then give *Glon.*, *Ip.*, *Kali c.*, *Nit. ac.*, *Podo.*, *Puls.*, *Rhus*, *Sil.*, *Sulph.* or *Verat.* If this nausea does not come on until after stool, then give *Caust.*, *Kali bi.*, *Nat. m.* or *Sil.*

Very sudden attacks of nausea, without any perceptible cause, are most frequently controlled by *Kali bi.* If the nausea is produced by being out in the hot sun, give *Carb. veg.*

A nausea produced by drinking tea must have *Æsc.*, and if perchance you find someone who is nauseated by the simple thought of tea, then give that person a dose of *Lach.*

A nausea that is felt in the throat and is described as being in the throat, is a symptom often found, and for its cure we have three leading remedies, namely, *Cycl.*, *Phos. ac.* and *Stann.*

Observe, please, that the peculiar features of *Cycl.* are constant qualmishness, with a sensation as of having eaten too much, and a disgust for food, particularly meat.

In *Phos. ac.* the nausea is spoken of as particularly in the throat or rather in the soft palate or roof of the mouth.

The nausea of *Stann.* is not particu-

larly marked, but is accompanied with a heavy pressure in the stomach, which is very sensitive to touch. These, I say, are our leaders for nausea in the throat, but you may be compelled to study such remedies as *Coff.*, *Croc.*, *Cupr.*, *Mez.*, *Puls.*, *Rhus* and *Squil.*

If this nausea is produced by spasms in the throat, you will give *Graph.*, and if from a tight fitting collar, you will loosen the collar and give *Lach.*

If a nausea is produced by drinking small quantities of wine, your very first thought will be of *Zinc.* If it results from drinking sour wine, then you will turn at once to *Ant. c.*

Overloaded.

For a sensation in the stomach as if it had been overloaded by food or drink, you will at once study *Puls.* as the curative remedy. In case, however, *Puls.* does not cover the totality of symptoms, you will study *Am. c.* and *Ant. c.* This is a

symptom the cause of which must be carefully ascertained in order to make a correct prescription.

Pain.

We now take up the study of pain. My desire is to call your attention first to the leading remedies in a general way, for pain. The differentiations will be noticed in studying the different kinds of pain.

Our leading remedies are *Arg. n.*, *Ars.*, *Bell.*, *Bry.*, *Carb. v.*, *Carb. an.*, *Caust.*, *Chel.*, *Coloc.*, *Cupr. ac.*, *Lach.*, *Nux v.*, *Plb.*, *Puls.*, *Stann.*, *Sulph.*, *Tabac.* and *Verat.*

We have another list of very useful remedies which we shall place here as second-class remedies. These are *Abrot.*, *Acet. ac.*, *Acon.*, *Æsc.*, *Æth.*, *Aml. n.*, *Ant. c.*, *Ant. t.*, *Apis*, *Arn.*, *Asaf.*, *Bar. c.*, *Bar. m.*, *Bism.*, *Brom.*, *Calc.*, *Camph.*, *Canth.*, *Caps.*, *Carb. ac.*, *Carb. an.*, *Cham.*, *Chin.*, *Cocc.*, *Chalc.*, *Con.*, *Corn.*, *Crot. h.*,

Cupr., *Cupr. ar.*, *Dig.*, *Dios.*, *Ferr.*, *Gels.*, *Graph.*, *Grat.*, *Hydr.*, *Hyos.*, *Ign.*, *Iris*, *Iod.*, *Ip.*, *Kali bi.*, *Kali c.*, *Kreos.*, *Lach.*, *Laur.*, *Lob. i.*, *Mag. c.*, *Mag. m.*, *Mag. phos.*, *Manc.*, *Merc.*, *Nat. m.*, *Nitr. ac.*, *Nux m.*, *Opium*, *Petr.*, *Phos.*, *Phyt.*, *Ptel.*, *Sang.*, *Secale*, *Sep.*, *Sil.*, *Spig.*, *Staph.*, *Stram.*, *Sul. ac.*, *Tereb.* and *Zinc.*

When the pain occurs early in the morning on waking and before breakfast, you will at once think of *Nux vom.*, and particularly so if the patient has indulged in highly spiced foods, tobacco or liquor.

In case there is great burning in the stomach on waking, you will think of *Caust.*

If the pains are sharp and shooting, radiating from the stomach into the chest or back, you will think of *Kali c.*

If there is great desire for very cold drink or food which is vomited soon after taken, you will think of *Phos.*

When the pain is associated with an empty, hungry feeling, and relieved by eating, you will think of *Sulph.*

When the pain comes on in the afternoon and is associated with more or less distention of the stomach and bowels, you will think of *Lach.*

If the pains come on in the evening after supper and are accompanied with considerable bloating, you will study *Carb. v.* But if with this evening pain there is a sensation of internal trembling, you will study *Sulph. ac.*

Pains that come on in the night after one has retired, may need *Abrot.*, *Arg. n.*, *Graph.*, *Kali c.* or *Sulph.*, according to the totality of symptoms.

Pains that occur at the mid-night hour, or near that hour, are most frequently cured with *China.*

Pains that come on between twelve at night and two in the morning, and with them there is a great anxiety and restlessness, need *Ars.*

Pains produced by acids call for *Ant. c.*

Pains which have a sensation as of a cold wind blowing on the stomach or abdomen, need *Caust.*

Pains in the stomach, alternating with pains in the limbs, that is when the stomach is better the limbs are worse, and *vice versa*, must have *Kali bi.*

Pains caused by drinking beer are often ameliorated by the use of *Nux m.*

The pain in the stomach relieved by bending forward, must have *Coloc.*

A pain produced by eating bread, particularly white bread, needs *Ant. c.* or *Phos.*

If the pain in the stomach is relieved by eating bread, then you will give *Nat. c.*

When pains are produced by normal breathing, you will think of *Ars.*, *Lyc.* or *Puls.*

But if this pain is caused or aggravated by deep breathing, you will give *Caust.*

When pains in the stomach are aggravated during a chill or from becoming chilled, you will study *Ars.* or *Eup. per.*

If pains are produced from the pressure of the clothing, then give *Am. c.*

When pains are produced by drinking coffee, think of *Nux v.*

Pains produced by drinking cold drinks, need *Aconite*, *Ars.* or *Rhus* as leaders in this symptom.

NOTICE:

That in *Aconite* cold drinks produce a sensation in stomach as from a weight or hard stone.

That in *Ars.* we have a nausea and often vomiting as soon as the cold drink gets warm in the stomach.

That in *Rhus* we have severe sharp pains in the stomach, accompanied by nausea after drinking ice water or any very cold drink.

You may find it frequently necessary in connection with the above remedies to study *Calc. a.*, *Canth.*, *Graph.* or *Iris.*

When pains are produced by taking cold drinks when overheated, you will at once think of *Kali c.*

When the pains in the stomach are relieved by cold drinks or cold food for which the patient craves, your first

thought will be of *Phos.* Now and then *Puls.* must be employed to aid you in this difficulty.

Pains in the stomach produced by coughing, are usually relieved by one of these three leaders, namely, *Bry.*, *Lyc.* and *Stann.*

Though these are leaders they do not cure all cases, and for this reason you will be obliged to study *Arn.*, *Ars.*, *Camph.*, *Chin.*, *Dros.*, *Hell.*, *Ip.*, *Lach.*, *Nux v.*, *Phos.*, *Rhus*, *Sabad.* and *Sepia.*

When the pains are caused or come on in damp weather, then give *Kali c.*

When they come on after the mid-day meal study *Mez.* or *Nat. c.*

When pains are produced by drinking, that is, warm drinks or of medium temperature, your great leader is *Apoc.*

There are a few other remedies that have this symptom in their pathogenesis, namely, *Apis*, *Coloc.*, *Lac c.*, *Manc.* and *Nat. m.*

The stomach pain so often found in

drunkards, calls for *Calc.*, *Carb. v.*, *Lac.* or *Nux v.*

Pains that come on after eating anything or at any time, and particularly at the regular meals, point to one of these great leaders, *Arg. n.*, *Ars.*, *Bar. c.*, *Calc. p.*, *Lyc.*, *Nux v.*, *Puls.*, *Sepia* or *Sulph.*

Now if these pains come on about one hour after eating, you will give *Carb. v.*

If they do not appear until two or three hours after eating, then give *Con.*

When the pains are relieved by eating, your first thought will be of *Graph.*, though *Brom.*, *Chel.*, *Kalm.*, *Lac.*, *Med.*, *Nat. c.* and *Petr.* are often indicated.

When the pains return after some strong emotion, think of *Cham.* or *Coloc.*

If the pains are accompanied with loud, uncontrollable eructations, then give *Sil.*

When the pains are relieved by eructations then think of *Bry.*, *Graph.* or *Lyc.*

When the pains are accompanied by fainting, "things turn black before the eyes," then think of *Nux v.*

If the pains come on while fasting, think of *Calc.*, *Cocc.* or *Ign.*

If after fat foods, pastries or rich soups, give *Puls.*

If from flatulent food such as cabbage, beans, peas, etc., give *Carb. v.*

If from fright, give *Ign.*

If the pains are accompanied by hiccough, give *Rat.*

If the pains return every time the patient gets hungry, give *Psor.*

If the pains are caused by eating ice-cream, give *Ars.*

If the pains are produced by a jar, sudden motion, or walking or jolting in a carriage, give *Bell.*

When the pains are produced from lactation, give *Carb. v.*

This remedy also applies to pains produced by any loss of animal fluids.

Pains caused by lifting, or coming on after lifting, should have *Bor.*

Pains relieved by lying on the stomach, need *Elaps.*

Pains relieved by drawing up the limbs, need *Caust.*

Pains produced by fried or roast meats, should have *Kali bi.*

If the pains are produced by boiled meats, give *Graph.*

When the pains come on before the menses, you will at once think of *Puls.*

If the pains come on during the menses, your very first thought will be of *Sulph.*

Should this remedy, however, not cover the totality of symptoms, then turn to a study of *Bor.*, *Cham.*, *Cocc.*, *Graph.*, *Nux v.*, *Puls.* or *Sars.*

If pains in the stomach are caused by or result from a suppression of the menstrual epoch, then think of *Lac. c.*

When these pains in the stomach come on with a profuse menstrual flow, you will study *Calc.* or *Lyc.*

Pains that appear only during urinating, need a dose of *Ip.*

So many people complain of pain in the stomach after drinking milk. In such

a case your very first thought will be of *Mag. m.*

Should this remedy fail to meet the conditions, you will then turn to *Ars.*, *Ferr.* or *Mag. c.* for help.

Pains caused by a misstep or by motion of any kind or any part of the body, call for *Bry.* or *Caust.*

Pains relieved by moving about, need *Chin.*

Pains caused by eating potatoes, call first for *Alumina.*

Pains caused by the pressure of the hand, clothing, or anything for that matter, lead one to think of *Calc.* or *Opium.*

When the pains are relieved by pressure, you will think of *Stann.*

If relieved by rubbing or gentle massage or by bending over, think of *Cycl.* or *Calc.*

When the pains come on during stool, think of *Lyc.*

Pains caused by some sudden turn, strain or movement of the body, call for *Cupr.*

When the pains return after supper, and at no other time, give *Sepia.*

If the pains are caused by vaccination, study *Thuja* or *Variolinum.*

Now and then we find people suffering from stomach pains which they call violent. For these violent pains we turn to *Aconite*, *Arn.*, *Ars.*, *Bell.*, *Cupr.*, *Cupr. ac.*, *Iodine*, *Ip.*, *Iris*, *Lac d.*, *Mag. phos.*, *Nux v.*, *Plb.*, *Podo.* or *Verat.*

Should these violent pains come on during walking or exercising, think at once of *Bell.* or *Bry.*

When the pains are relieved by warm or hot drinks, think of *Nux v.*

If relieved by drinking hot milk, you will give *Graph.* at once.

If pains in the stomach extend to the bladder or genital organs, or extend from the stomach up into the chest, give *Kali c.*

If these pains extend through to the back, think of *Con.* or *Ferr.*

If they extend up to between the shoulders, give *Bell.*

If the pains extend downward with a downward pressure, give *Sep.*

If the pains extend transversely, when they radiate from one side to the other, give *Cina.*

Pains (Particular).

I. Boring.—For boring pains in the stomach our symptomatology or our Materia Medica seems to be decidedly circumscribed. We have but two remedies that have marked provings in this complaint. They are *Ars.* and *Nat. c.*

II. Burning.—A burning pain is a very common pain, and for its cure we have a number of remedies. It will not be necessary to define each remedy and therefore we will ask you to study carefully the following leaders, first, *Ars.*, *Caps.*, *Carb. v.*, *Cic.*, *Colch.*, *Phos.*, *Secale* and *Sulph.*

Notice:

That the burning of *Ars.* is likened to that sensation as if all the blood in the

region of the stomach were hot. Together with this you will find that peculiar anxiety so general to this remedy.

That the burning of *Caps.* is likened to that sensation as if a piece of ice had been lying in the stomach, quickly removed and now reaction was setting in.

That the burning of *Carb. v.* is accompanied with weakness and difficult breathing. This remedy extends down to the small of the back or up between the shoulders.

That the burning of *Cic.* is accompanied with severe pressure, swelling, or throbbing at the pit of the stomach.

That the burning of *Colch.* is in alternation with icy coldness of the stomach or in connection with gouty or dropsical conditions.

That the burning of *Phos.* is intense with a great thirst for very cold drink which is often regurgitated as soon as it grows warm in the stomach.

That *Phos.* is also a precious remedy in

catarrh of the stomach where there is much burning.

That the burning of *Secale* is a deep-seated burning, with a pain likened unto gangrenous troubles.

That the burning of *Sulph.* is accompanied with great thirst but loss of appetite.

These are our leaders, but do not forget that we have a battalion in reserve, ready for duty when required. Here it is: *Æsc.*, *Anthr.*, *Apis*, *Ars. h.*, *Bell.*, *Berb.*, *Bism.*, *Bry.*, *Cadm.*, *Calad.*, *Calc. p.*, *Camph.*, *Canth.*, *Carb. ac.*, *Carb. an.*, *Caust.*, *Cham.*, *Chel.*, *Coloc.*, *Con.*, *Corn. c.*, *Crot. t.*, *Cupr.*, *Cupr. ac.*, *Dig.*, *Dios.*, *Dulc.*, *Erig.*, *Form.*, *Graph.*, *Hep.*, *Hydr.*, *Ign.*, *Iris*, *Jatr.*, *Kali c.*, *Kali i.*, *Kali n.*, *Kreos.*, *Laur.*, *Lob. i.*, *Merc.*, *Merc. c.*, *Mez.*, *Mill.*, *Nat. m.*, *Nit. ac.*, *Nux m.*, *Nux v.*, *Oc. ac.*, *Ran. b.*, *Ran. s.*, *Sabad.*, *Sabin.*, *Sang.*, *Sepia*, *Sil.*, *Tereb.* and *Zinc.*

When this burning pain occurs in the

morning before breakfast, think of *Dios.* and *Sulph.*

If this pain is relieved by eating breakfast, however, then you will think of *Kali bi.* or *Nat. sulph.*

When the burning pains come on at night, then think of *Abrot.*

When the burning pains are produced by drinking, then study *Lach.* and *Led.*

When the burning pains are on and not relieved by drinking, then give *Calad.*

That dreadful burning pain so often found in old drunkards is best relieved by *Sul. ac.*

Burning pains that come on soon after eating or while eating, find their cure in *Caps.*, *Calc.*, *Carb. an.*, *Carb. v.*, *Daph.*, *Kali c.* and *Lach.*

When these pains do not come on until some hours after eating, give *Nat. m.* or *Plb.*

If the burning pains are relieved by eating, study *Graph.* or *Mez.*

Here and there you will find a person

complaining of a burning in the stomach after eructations. In such a case give *Calc. phos.*

When the burning pain is relieved by eructations, you will think of *Ambr.*

In case of a severe burning pain during a fever, think of *Lach.*

If such a pain occurs after a fright, give *Aconite.*

If it occurs during a headache, and then only, give *Sang.*

If the burning pain causes hunger or a craving for food, give *Graph.*

If the burning pain comes on in paroxysms, study *Nat. m.*

If it comes on while standing or is made worse by standing in an upright position, give *Sulph.*

If it comes on after stool, give *Calc. phos.*

If it comes on habitually after supper, give *Carb. v.*

When the burning pain extends through to the back, give *Carb. v.*

When it extends up into the chest, give *Phos.*

When it extends into the larynx or throat, give *Kali c.*

When it extends up into the mouth, give *Acon.* or *Gels.*

When it seems to permeate the throat from the stomach, then give *Kali c.*, *Lac. ac.*, *Lyc.* or *Nat. m.*

When the burning pain comes on after eating, give *Kali c.*

When the burning pain radiates to the side or upwards into the body, give *Calc.* or *Secale.*

III. Clawing.—By this we mean a pain that seems to draw the parts together. It is sometimes called a puckering pain, like the sensation produced when biting into a raw persimmon. For this particular symptom we have two remedies, *Caust.* and *Nux. v.*

OBSERVE:

That in *Caust.* we have a sensation as of lime being slaked in the stomach.

And in *Nux v.* we have a clawing that brings on a decidedly disagreeable disposition. Apart from these two remedies you may be obliged at times to study *Carb. an.*, *Cocc.*, *Graph.*, *Nat. m.*, *Stann.* or *Sulph. ac.*

IV. Cramping.—By this we mean a griping, a constricting or "doubling up" pain. For this sensation or symptom we have a quiver full of pointed arrows. Arrows that shoot straight to the mark. Here they are: *Ars.*, *Bism.*, *Carb. v.*, *Caust.*, *Chel.*, *Coloc.*, *Cupr.*, *Graph.*, *Lyc.*, *Mag. phos.*, *Nux v.*, *Podo.* and *Verat.* There are other remedies which have cramping pain, but these you must study out for yourselves. It is our purpose here to give you first-class material with which you may cure the most of your cases.

Remember these few points, that a cramping pain coming on early in the morning calls most frequently for *Nux v.*

That a cramping pain coming on at night is most frequently cured by *Camph.* or *Coloc.*

When it recurs at two o'clock in the morning, give *Ars.*

When you find a man or woman doubled up with pain and find it impossible to straighten them out because of the increased severity of pain it produces, then give *Coloc.*

When you find a person pressing on the stomach to relieve the pain or tightening the clothing for the same purpose, then give *Nat. m.*

When you find a cramping pain in the stomach affecting the hands and feet and particularly drawing the thumbs down into the palms of the hands, then give *Cham.*, and give it in a high potency.

Cramping pains in old coffee drinkers, need *Cham.* or *Nux v.*

When with this cramping pain there is a deathly feeling below the sternum or chest bone, then give *Cupr.*

For cramping pains after eating, we think first of *Nux v.* This feature must not be forgotten, however, that these

cramps do not appear until one or two hours after eating.

Your other remedies are *Calc.*, *Cocc.*, *Coloc.*, *Crot. h.*, *Tere.*, *Kali c.*, *Nat. m.* and *Sulph.* according to conditions and totality of symptoms.

If the cramps are relieved by eating, which is a different condition from aggravation by eating, you will then think of *Brom.*, *Chel.*, *Graph.* or *Ign.*

If these pains come on while sitting only, give *Gels.*

If they are relieved by eructations then give *Bar. c.* or *Calc.*

If they are caused by eating fruit give *Lyc.*

If from loss of animal fluids give *Chin.*

If they are better from lying down, think of *Lyc.*

When they come regularly before each menstrual epoch, you will give *Bell.* or *Puls.*

If they do not come until the menstrual flow has begun, then think of *Cupr.* or

Sars. If they appear after the flow give *Bell.*

Where these cramps are periodical, recurring at regular intervals and made worse by eating, be sure to give *Arg. n.*

When they accompany pregnancy, give *Con.*

Or when they are relieved by rising and walking about, give *Gels.*

If they come on regularly before each stool, and cease during stool, give *Coloc.*, but when they come on during stool and cease only when through stooling, give *Kali. c.*

If the cramps are such as to cause urging to stool, particularly ineffectual urging, you will give *Nux v.*

When the cramps are materially relieved by hot applications and return when the heat is removed, then give *Mag. p.* or *Nux v.*, according to preponderance of symptoms in favor of one or the other.

V. Cutting.—We have one marked *cutter* in our Materia Medica when applied

to pains in the stomach, and this cutter—as if knives were being thrust into the stomach—is *Dios.*

This is our leader and a faithful one, too, and should not escape our memory.

There are others that need our attention when our leader is not indicated, and they are *Abrot.*, *Arg. n.*, *Ars.*, *Bell.*, *Cadm.*, *Calc.*, *Cham.*, *Coloc.*, *Hydr.*, *Ign.*, *Kali c.*, *Lyc.*, *Merc.*, *Nat. c.*, *Nux m.*, *Op.*, *Phos.*, *Phyt.* and *Sol.*

NOTICE:

Most patients complain of a twisting sensation in the stomach, as if it were being tied in a knot, when suffering from the cutting pains of *Dios.*

If the cutting pains compel one to bend backward for relief, you will give *Bell.*, when they bend forward,—double up—for relief you will give *Coloc.*

When caused by cold drinks, give *Calc. p.*

When they recur after each meal, give *Kali c.* in most cases.

When they accompany intermittent fever in spite of the indicated remedy used, think of *Aran.*

VI. Digging.—A digging pain is hard to describe. The idea is that it burrows, seems to deepen, going inward or downward. Our provings are not very clear on this symptom, yet we have two remedies that are very useful and they are *Kali c.* and *Sulph.*

Observe, please, that *Kali c.* is indicated in this symptom when the pain results from grief, while in *Sulph.* this pain may occur in consequence of shame, mortification or chagrin.

VII. Distress.—This is a peculiar pain and points particularly to that form of pain as an anxiety, anguish or agony. For this distress or agony we have five leading remedies, viz.:—*Ars.*, *Lyc.*, *Nux v.*, *Phos.* and *Puls.*

NOTICE:

That *Ars.* is a sensitive remedy and has an affinity for people who are sensi-

tive to pain, and that the pains—of a burning nature—are usually worse between 12 and 2 A. M. or P. M.

That *Lyc.* has more or less distension of the stomach, scanty urine, and predominantly worse after eating and late in the afternoon.

That *Nux v.* is worse from contradiction, anger, indignation and predominantly aggravated about 4 A. M.

That *Phos.* is the reverse, in most cases, from *Ars.* in this that it has a disposition that is insensible and that it is predominantly worse from cold, from growing cold, and from straightening up or stretching.

That *Puls.* is sensitive, easily disturbed by rich foods, touchy, and predominantly worse indoors, in a warm room, from growing warm or wrapping up.

In addition to these remedies, which may not cover every case one meets, you may have to study *Æsc.*, *Colch.*, *Dios.*, *Iod.*, *Ip.*, *Kali bi.*, *Lept.*, *Mag. c.*, *Nit. ac.* and *Sulph.*

If this distress is worse in the afternoon you will study, besides *Lyc.* and *Puls.*,—*Iris* and *Sep.*

If after dinner only, then think of *Nux m.*

If it comes on regularly after eating, even a little, and is associated with a sensation of fullness, give *Lyc.*

When it follows the use of milk, give *Sulph.*

VIII. Drawing.—This means a dragging, pulling, tugging sensation, as if something were attached to the stomach and is drawing it together, downwards or upward. For this symptom we have few medicines of any consequence, but on careful study we find these—*Anac.*, *Arg. n.*, *Phos.* and *Stann.*

If the drawing extends up into the chest you will think of *Phos.* at once. Should this pain extend to the small of the back, and be associated with a milky urine, you will give *Phos. ac.*

IX. Gnawing.—This is, in fact, a met-

aphorical definition of pain and refers to a biting, corroding, nibbling sensation. Were you ever *painfully* hungry? Well that explains it. Gnawing is the opposite of soothing, softening, comforting or a refreshing sensation.

For this symptom we have two leaders, —*Cina* and *Sep.*

NOTICE:

The gnawing of *Cina* is keen, biting, worse from warmth, rest, standing, pressure and in people who use much pepper in their food.

That *Sep.* is worse from the open air, from cold applications, from lying on the back, after sweating and in persons who have used much *Mercury* or *Quinine.*

While these are leaders you will not suppose for a moment that they cure every case; for we find such remedies as *Arg. n.*, *Ars.*, *Calc.*, *Cupr.*, *Gamb.*, *Glon.*, *Kali bi.*, *Kreos.*, *Lach.*, *Lyc.*, *Mag. m.*, *Merc. c.*, *Nit. ac.*, *Puls.* and *Ruta* often indicated.

When a gnawing pain occurs during a chill, you will give *Ars.*

When it occurs regularly before dinner or before eating, give *Graph.*

When it recurs regularly after dinner, give *Tromb.*

When this gnawing comes on after eating then study *Graph.* or *Kali bi.*

When eating relieves the pain, you will turn to a study of *Hep.*, *Ign.*, *Lach.*, *Lith.* or *Nat. c.*

When it comes on regularly after supper and at no other time give *Sep.*

X. Lancinating.—This is a word used to express a sharp, shooting darting pain, and for its cure we have two strong remedies, viz.: *Carb. v.* and *Kali c.*

Remember that in *Carb. v.* there is much flatulency, sensitiveness to little aggravations, from being in the dark, from stooping, aversion to salt things, and ailments from the excessive use of *Merc.*, *Quinine* and *Acohol.*

That in *Kali c.* there is much irrita-

bility, displeased with friends and food, that the pains come when being quiet as well as in motion, and that they are worse from lying on the stomach and from pressure.

XI. Pinching.—This refers to that sensation as if the stomach were being squeezed together, or as if parts of it were being squeezed together, a distressing, tantalizing pain. In this symptom we are led by *Caust.* and *Nux v.*

NOTICE:

That in *Caust.* there is more or less burning, that the pains produce irritability of disposition, that they are worse in warm dry weather, worse morning and evening, the pinching pain of painters, pains resulting from the abuse of *Quinine*, *Plumbum*, *Asaf.*, *Euphrasia* or *Coloc.* and relieved by eating dry food.

That in *Nux v.* the pains often result from irritability, from excessive use of coffee, tobacco, alcohol, highly spiced

foods, eating at irregular hours or from eating too much.

Our reserve forces, when these remedies are not indicated, will be found in *Arn.*, *Cocc.*, *Coloc*, *Graph.* or *Puls.*

XII. Pressing.—This is the opposite of relaxation, hence a drawing together, or as of a weight in or on the stomach; or as if the skin and clothing were too taut, or the walls of the stomach were being drawn together.

For this symptom our quiver is full of arrows.

Those that shoot best are—*Ars.*, *Card. m.*, *Caust.*, *Cupr.*, *Cupr. ac.*, *Phos.* and *Puls.*

May I again, "lest we forget," call your attention to the peculiar features of these remedies.

Remember the fear, anxiety, restlessness and thirst of *Ars.*, its aggravation from 12 to 2 A. M. and P. M., its aggravation from cold food and from the effects of *Strych.* and *Dig.*

That in *Card. m.* there is aggravation from every motion, almost constant eructation of air, there are much fatigue, colicky pains in the stomach and hepatic engorgement.

That in *Caust.* the pains are worse when the stomach is empty, worse morning and evening and in bright clear weather.

That in *Cupr.* and *Cupr. ac.* we have an aggravation of pains from drinking cold water, from laughing, from mental exercise or from being over hurried.

That *Phos.* craves cold things to eat and to drink, that it is not as sensitive to pain as *Ars.*, and that it is worse from cold wet weather.

That *Puls.* is worse from sweets, pastries or rich foods, worse indoors and better from being in the open air and in lively company.

In our quiver, however, we also have these remedies which do not fail to catch their prey when indicated, viz.:—*Acon.*,

Ambr., *Am. c.*, *Anac.*, *Asaf.*, *Arn.*, *Bar. c.*, *Bell.*, *Benz. ac.*, *Bism.*, *Bry.*, *Calc.*, *Coloc.*, *Con.*, *Ferr.*, *Fl. ac.*, *Gent.*, *Graph.*, *Grat.*, *Hep.*, *Ign.*, *Iod.*, *Kali c.*, *Kali n.*, *Kalm.*, *Lach.*, *Laur.*, *Led.*, *Lyc.*, *Merc.*, *Meny.*, *Meph.*, *Mez.*, *Mosch.*, *Myric.*, *Nat. c.*, *Nat. m.*, *Nit. ac.*, *Nux v.*, *Op.*, *Osm.*, *Petr.*, *Plat.*, *Plumb.*, *Ran. s.*, *Rhodo.*, *Rob.*, *Samb.*, *Sang.*, *Secale*, *Senega*, *Sep.*, *Sil.*, *Spong.*, *Squil.*, *Stann.*, *Stront.*, *Sul. ac.*, *Sulph.*, *Valer.*, *Verat.*

If the pressing pains are worse in the morning on waking or rising, you will think of *Chin.*, *Nat. m.* or *Nux v.*

When they come on early in the forenoon, you will think of *Graph.*

If they come on regularly at the noon hour, think of *Am.*

When they appear in the evening or lying down in bed, give *Lyc.*

Pressing pains at night, that is, pains that come on after retiring and are absent during the day and on moving about, need *Am. c.*, *Calc* or *Sulph.*

A pressing pain from drinking beer needs *Nux m.*, with total abstinence from beer.

Pressing pains caused by eating bread have a remarkable remedy in *Caust.* This should be given in the higher potencies for pronounced results. The bread should be well baked.

You will sometimes find *Bar. c.*, *Bry.* or *Phos.* useful in this disorder, according to the totality of symptoms.

Pressing pains soon after breakfast need *Nat. c.*, and if the patient indulges in hot bread or poorly prepared cereal for breakfast a change in diet will be necessary.

Pressing pains from weight or pressure of clothing, call for *Am. c.*

Pressing pains caused or aggravated by coughing, call for *Phos.*

Pressing pains coming on after dinner need *Clem.* or *Nat. c.*

When they are caused by drinking, think of *Chin. s.*

When caused by eating—morning, noon and night—think of *Bry.*

The pressing pain most frequently found is that which comes on after eating. Here we have five great leaders which every physician should master. They are—*Chin.*, *Lach.*, *Lyc.*, *Nux v.* and *Phos.*

Chin. and *Lyc.* are similar in many symptoms of the stomach, but dissimilar in this that *Chin.* has great aversion to food with a sensation of fullness after eating, while *Lyc.* has great hunger with easy satiety after eating but little, and great fullness and pressure after taking but a mouth-full of food.

Lach. has a fitful appetite, alternating between a ravenous and loss of appetite, and in either case eating produces such a pressure that breathing is made very difficult.

In *Nux v.* there is loss of appetite with corresponding loss of energy, with sudden sensation of repletion after taking but a small quantity of food, and no

matter how small the quantity, there is a sensation of pressure in the stomach in one or two hours after eating.

In *Phos.* there is, apart from a sensation of pressure, also a sensation as of a heavy weight in the stomach. While this is true in most cases, do not forget that we may also have a sensation of complete emptiness in the stomach with a sensation of pressure after eating but little, and that salty food aggravates these symptoms.

And now besides the above leaders, we have as a reserve force such valuable adjuncts as *Asaf.*, *Bell.*, *Bism.*, *Bry.*, *Canth.*, *Carb. v.*, *Cina*, *Ferr.*, *Hep.*, *Kali bi.*, *Kali c.*, *Lob.*, *Lyssin*, *Nat. c.*, *Nat. m.*, *Phos. ac.*, *Puls.*, *Sang.*, *Sep.*, *Sil.*, *Stront.* and *Sulph.*

When this pressure is relieved by eructations you will think of *Carb. v.* or *Graph.*

If the pressure is aggravated during expiration give *Am. m.*

When caused by fasting think of *Petr.*

When caused by fat foods, give *Puls.*

When worse by lying on the back, give *Calc.*

When worse before the menses, give *Nux v.*

When worse during the menses, think of *Sulph.* first, and when it is not indicated turn to the study of *Caust.*

If the pressure is worse from drinking milk, think of *Ferr.*

If produced by motion of any kind, give *Bry.*

If this pressure is worse by sitting in a bent position and relieved by standing erect, give *Kalm.*

When it is worse after stool, study *Calc.* or *Puls.*

A sensation of weight was mentioned in *Phos.*, but you will also find this sensation under *Acon.*, *Bry.*, *Cham.*, *Phos. ac.*, *Puls.* and *Spig.*

XIII. Scraping.—By this is meant a sensation of rawness, abrasion, as if the inside of the stomach were skinned; a

sensation quite the opposite of smoothness. Here we have two strong remedies—*Ars.* and *Puls.*

In *Ars.* there is great burning, as if the stomach were on fire, with great thirst and nausea after drinking.

In *Puls.* this scraping is milder, but extends up into the œsophagus as if corroding the mucous membranes.

XIV. Shooting.—For shooting pains in the stomach, for which we have marked provings, one remedy seems to be most frequently indicated, namely, *Anac.*

If this shooting pain extends through to the back, a feature not found in *Anac.*, we give *Ran. b.*,

When the pain extends up into the chest, a feature not found in the two remedies already named, we give *Rumex.*

XV. Soreness.—This includes such sensations as if the stomach were bruised, or beaten, or pounded, or as if it were very tender or sensitive to touch or pressure.

Our list of remedies for this symptom

is a long one, but we shall select those that have the greatest affinity in their provings.

When these do not cover the totality of symptoms you must study your case more carefully.

The remedies are—*Arn.*, *Ars.*, *Bell.*, *Bry.*, *Carb. v.*, *Chin.*, *Colch.*, *Kali c.*, *Lach.*, *Lyc.*, *Mag. m.*, *Merc. c.*, *Nux v.* and *Phos.*

Notice.

That in traumatism—effects of blows on the stomach, heavy lifting, straining, etc.—in persons of yellowish, livid complexion, hypochondriacal mood,—where the eructations taste like spoiled or putrid eggs—where there is a feeling of indolence in the extremities from prolonged watching or studying, *Arn.* is indicated.

That in a soreness resulting from the abuse of wine, malt or spirituous liquors, ice cream, acid fruits, very fat or salty foods, the face is pale, sunken, livid or of a cadaverous appearance, the extremities

cold, and where with the soreness there is burning in the stomach and a great thirst, you will give *Ars.*

That in persons who are disposed to be hysterical, where the face is very red or pale, where the eyes are injected—where there is a putrid taste in the fauces while eating or drinking, though the food tastes natural—where the soreness results from eating food that is slightly spoiled, or a soreness resulting from clam chowder or lobster in any form, and when with the soreness there is throbbing give *Bell.*

That persons who complain of soreness after drinking chocolate, milk, eating flatulent foods, fruit, pastry, salads; who have frequent eructations immediately after meals, and who are worse from any motion, or from pressure on the stomach, need *Bry.*

That persons who abused wines, and who flush up quickly on drinking a little wine, who are suffering from the loss of animal fluids, who have been on a "spree,"

who have over-loaded their stomach and complain of soreness with distension of the stomach and difficult breathing, who "bloat up" after eating flatulent foods, or complain of soreness soon after eating any kind of food, are in need of *Carb. v.*

That persons who complain of soreness in the stomach and with this soreness suffer from loss of animal fluids, complain of malaise, drowsiness, hypochondriacal mood, fullness and distension of the stomach; who want to lie down after every meal, even after eating but little, and who are easily disturbed in sleep, need *Chin.*

That the modality that will lead you to think of *Colch.* and prescribe it with effect is, nausea aggravated by the smell of food.

That *Kali c.* has sharp shooting pains in the stomach, frequently with soreness, but its leading modality is dissatisfaction with any and all kinds of food—food that he once relished, he now dislikes. This

dislike applies not only to the food prepared, but to the one who prepares it. He is preeminently a disgruntled individual.

That *Lach.* has a soreness and a sensitiveness in the stomach that prevents the fastening of clothing; for any pressure, no matter how slight it may be, aggravates the soreness. Here also you will find, in most cases, a dislike for bread, and a craving for milk or wine, though the latter produces distress and with the distress there is a malaise and a disposition to indolence.

That in *Lyc.* there is a fair appetite, with easy satiety after eating but little, an increase of pain from eating shell fish of any kind, particularly oysters, much distension of the stomach and bowels, emaciation around the neck and upper part of the body, and a general aggravation of all complaints, late in the afternoon.

That in *Merc.* you will find an aversion to solid foods in general and to warm foods, with a desire for juicy and re-

freshing foods and drinks, with a general sensitiveness to the extremes of heat and cold, and an aggravation from all complaints during the night and from perspiration.

That in *Mag. m.* you will often find, associated with soreness in the stomach, a continual rising in the mouth of a white frothy substance, eructations tasting like onions; and a gulping up of water in the throat or mouth.

That in *Nux v.* you will have an aggravation of the soreness from eating highly seasoned foods, from coffee, tobacco and strong drink; there is often heat and redness of the face, or yellow, sallow complexion and an individual with a "chip on his shoulder," ready to take offense at any thing and resent it with vehemence, which always makes the stomach worse.

That in *Phos.* you have not only the tall, slender, narrow-chested, dark complexioned individual, but one who craves

cold things to eat and to drink,—the colder the better he likes it—with tenderness over the stomach and a regurgitation of food and drink as soon as it grows warm in the stomach. If the inside of the stomach could be kept cold he possibly would not want the food or drink.

When these remedies do not apply, you will study your cases carefully for some other remedy of which there are many.

Here are a few more particulars, however, we must not forget while studying soreness in the stomach.

If this soreness is always worse in the morning, you will at once turn to *Phos.*

If this soreness is aggravated by coughing, you will think of *Bry.*, *Dros.*, *Nux v.* or *Stann.*

If it comes regularly after eating, consider *Calc. p.* or *Sang.*

When it is worse by fasting, think of *Bar. c.*

When it is worse on deep inspiration, think of *Ars.*

When it is worse on stepping or coming down a stairway, turn to *Aloe, Bar. c.* or *Bell.*

XVI. Stitching.—This is similar to a sticking or stinging pain, as if something very pointed were penetrating the stomach in one or more places.

For this kind of pain we turn at once to *Ars.* as our leader, and particularly so if with this stitching we have one or more of the peculiarities of *Ars.*—as restlessness, anxiety, fever, burning and great thirst for repeated drinks of small quantities of water.

It would be arbitrary, however, to give this remedy for every stitch in the stomach, for in our provings we find that *Acon.*, *Arn.*, *Berb.*, *Bism.*, *Carb. v.*, *Caust.*, *Cham.*, *Gamb.*, *Ign.*, *Kali c.*, *Lyc.*, *Nat. c.*, *Nit. ac.*, *Phos.*, *Psor.*, *Puls.*, *Rhus t.*, *Sep.*, *Sulph.* and *Tabac.* have this peculiar sensation in a minor degree.

But when this stitching pain is made worse, or produced by deep inspiration, you will think of *Caps.* or *Sulph.*

When caused or made worse by coughing, you will study *Bry.*, *Podo.* or *Tabac.*

When produced by eating, turn to *Kali bi.*

When caused by stepping hard, so as to jar the stomach, you will give *Puls.*

When these stitching pains extend through to the back, almost compelling one to gasp for breath at times, you will give *Bor.* or *Chel.*

If these pains extend into the chest, you will think of *Colch.*, *Lach.* or *Rumex.*

XVII. Tearing.—This is sometimes known as a lacerating pain, as if things were separated or torn apart in the stomach. You will not often find this symptom, but when you do, and find it is the result of anger, give *Coloc.* Your other remedies will be *Ars.*, *Cocc.*, *Colch.*, *Cupr.* and *Daph.*

Should these tearing pains come very suddenly, you will possibly find your greatest help in *Cic.*

XVIII. Ulcerating.—This is another

form of soreness with a continual burning or drawing pain. But an ulcerative pain may resemble any pain in the catalogue from a dull to a sharp pain, and you possibly will need to turn to some other pain for clearness in prescribing for this.

However, such remedies as *Acet. ac.*, *Arg. n.*, *Lach.*, *Mag. c.*, *Mag. m.*, *Nat. m.*, *Rat.* and *Rhus t.* will aid you greatly in prescribing.

Should this pain come regularly after dinner, or the mid-day meal, together with more or less distension of the stomach and an aggravation from eating sweets, you will give *Arg. n.*

Pulsation.

This means a throbbing or beating sensation in the stomach. When abnormal, it is an unpleasant sensation and the source of much anxiety to patients. No matter what the cause or the pathological conditions, your first thought will be of

Chin., *Nux v.* or *Puls.* The differentiation is not difficult.

Chin. with its bloating, loss of appetite and pallor, is easily known.

Nux v. with its irritable temper and excessive indulgence in highly seasoned foods, etc., cannot be mistaken.

Puls. with her tendency to a "sour stomach" and increase of symptoms from rich or fat foods is so well known that you will recognize her on the street corner.

But there are other remedies that have this strange pulsation in the stomach, and they are *Ant. c.*, *Ant. t.*, *Arg. n.*, *Asaf.*, *Cact.*, *Calc.*, *Cic.*, *Ferr.*, *Glon.*, *Graph.*, *Hydr.*, *Iod.*, *Kali c.*, *Mag. m.*, *Mang.*, *Nat. m.*, *Nit. ac.*, *Rhus t.*, *Sep.*, *Sil.* and *Stann.*

Notice these few particulars, please:

When this pulsation is worse in the morning, and relieved by eructations, you will give *Sep.*

When it is predominantly worse at

night, before midnight, you will give *Puls.*

When it is produced by eating or brought on by light exercise immediately after eating, you will doubtless turn to *Nat. m.*, which may cover the entire case.

If this throbbing is accompanied by a headache, you will think of *Kali c.*

You see, therefore, that each remedy has its particulars, which must not be forgotten when selecting something to cure your patient.

RETCHING.

This is another term used to define certain forms of nausea and vomiting. It is usually thought of in that form of vomiting where little or nothing is ejected from the stomach.

Here are our leading generals in this complaint, *Bell.*, *Eup. per.*, *Ip.*, *Nux v.* These are so well known that we need not analyze them.

For the sake of clearness let us add these particulars:

When this trouble comes on by day only, and not by night, study *Stann.*

When it comes on in the morning on waking, think of *Nux v.* or *Nat. c.*

When it occurs during menses only, give *Puls.*

If it is caused by or accompanies a cough, you will turn to a study of *Carb. v.*, *Dros.*, *Hep.*, *Nit. ac.*, *Puls.*

When it accompanies a diarrhœa, think of *Arg. n.* and *Cupr.*

When found in drunkards, think of *Ars.* or *Nux v.*

When it comes on after eating, think of *Cham.*, but when it is relieved by eating, give *Ign.*

When it is caused by hawking mucus from the fauces, you will first study *Nux v.*, and if this does not cover the case, study *Ambr.*, *Anac.*, *Bry.*, *Calc. p.*, *Kali c.* or *Stann.*

A persistent and increasing retching needs *Ars.*

When it is ineffectual, that is, when a

patient tries to and cannot vomit, you will turn to a study of *Ant. t.*, *Arn.*, *Ars.*, *Asar.*, *Bell.*, *Bry.*, *Nux v.* or *Podo.*, for among these you will find something that will aid you.

If it is produced by drinking milk, give *Calc.*

If it is accompanied with much pain in the stomach, or is spasmodic, you will think of *Merc.*

When caused by smoking tobacco or after having smoked tobacco, give *Ip.*

When caused by swallowing, particularly empty swallowing, you will first think of *Graph.*, and if this does not cover the case, study *Lach.*

For violent retching, give *Ars.*

For vomiting after prolonged retching, think of *Apis* or *Sep.*

Retraction.

For a sensation of retraction, as if the stomach were drawn in, you will find *Dulc.*, *Kali i.* or *Op.* helpful.

Sinking.

For a sinking sensation, or a sensation of emptiness, faintness or collapse of the stomach, you will turn to one of these leaders, viz., *Dig.*, *Nux v.* or *Tabac.* These three cover the majority of cases, but when not indicated, study well the general conditions for another remedy.

When it occurs before meals, think of *Sulph.*

When it occurs after meals, think of *Dig.*

Slaking.

For that peculiar sensation described as of slaking lime in the stomach, give *Caust.*

Stone.

A sensation in the stomach described as a feeling of a stone or some heavy weight, will lead you to think of two remedies, *Ars.* and *Bry.*

However these do not meet every case, and here and there you may need to observe carefully, the following: *Bar. c.*, *Brom.*, *Calc.*, *Cham.*, *Kali bi.*, *Merc.*, *Nux v.* and *Phos. ac.*

When it is the result of a cold, producing vomiting, give *Acon.*

When caused by eating, or drinking cold water, think of *Bry.;* and if this is relieved by eructations, give *Bar. c.*

TENSION.

This sensation may be likened to a strain, stiffness, lack of tone, or as if the stomach were being stretched. It is the opposite of looseness, relaxation or slackness.

For its relief you will think of one of these great remedies, *Carb. v.*, *Lyc.*, *Nux v.* or *Ruta.*

Or failing to find the similimum in these, you will turn to *Ant. t.*, *Ars.*, *Caps.*, *Chel.*, *Hep.*, *Ip.*, *Kali c.*, *Lach.*, *Lob.*, *Plb.*, *Puls.*, *Sil.*, *Stann.*, *Staph.* or *Tereb.*

Should tension be aggravated by clothing, then give *Hep.* or *Kreos.*

Should it come on after eating, give *Iod.*

Should it be caused by drinking milk, give *Ruta.*

If it is relieved on motion, give *Puls.*

Thirst.

This is an abnormal thirst for things that should not be drunk, or for abnormal quantities of water.

The catalogues of remedies are many and each one differing from the other in some particular.

There are, as leaders, *Acet. ac.*, *Acon.*, *Ars.*, *Bry.*, *Calc.*, *Caps.*, *Cham.*, *Chin.*, *Dig.*, *Eup. per.*, *Hell.*, *Iod.*, *Merc.*, *Nat. m.*, *Op.*, *Phos.*, *Secale*, *Sil.*, *Stram.*, *Sulph.* and *Verat.*

Notice.

Acet. ac. has a burning thirst, not satiated by taking large draughts of water. It is an intense thirst and found in diabetes, dropsy or chronic diarrhœa.

Acon., also an intense burning thirst that seems unquenchable, but found in all cases of a fever with dry and hot skin.

Ars. has a burning, unquenchable thirst, but drinks little at a time and often.

This thirst is for acids, often producing vomiting, and is most intense during the supurating stage of a fever.

Bry., as you know, has an intense thirst for large quantities of water, but takes these drinks far apart. A *Bry.* thirst is more easily satisfied by warm or hot drinks than by cold.

Calc. has a constant thirst for cold drinks, but feels this thirst more by night than by day. Particularly adapted to phlegmatic constitutions and found in cholera infantum, worms, podagra, gout and epilepsy.

Caps. has a thirst after stool, but more particularly in intermittent fever, when the chill comes on.

Cham. has an intense thirst for cold

water and acidulated drinks, but this thirst is more intense in the mouth, which is dry, and in which the patient wants to hold the cold water until it gets warm. It seems to satisfy more thoroughly in the mouth than in the stomach.

Chin. has a real thirst during the hot stages of fever, or rather when there are hot flushes; for *China* has no thirst during a chill and often none during a continual heat.

Dig. has a continuous thirst with very dry lips. The abnormality of a *Dig.* thirst, however, lies in the desire for sour or bitter drinks, beer for instance.

Eup. per. has an intense thirst for cold water—sometimes warm drinks—with this peculiarity that the thirst grows intense from three to twelve hours before a chill or an attack of fever.

Hell. has a greedy thirst; the patient swallows the water ravenously, often bites the spoon and frequently expresses his disgust for the water he just drank.

Iod. has a thirst, but not for much water. An *Iod.* patient thirsts for something stronger, and wants liquor, pure and straight.

Merc. is thirsty all the time and longs for beer and ice water.

Nat. m. has a unique thirst—"constant without desire to drink." When *Nat. m.* drinks, it drinks copiously, almost greedily, with an aggravation of thirst in the evening.

Op. has no characteristic thirst. This point, however, must not be forgotten that, in *Op.* cases, there may be unquenchable thirst, or complete absence of thirst. It has these extremes.

Phos. has great thirst for fresh drinks, cold, very cold and fresh water, but ejects it as soon as it grows warm in the stomach.

Secale has a thirst during all stages of a fever, but this is a thirst for acids rather than for anything else. *Secale* is a lover of lemonade.

Silicea being a chilly patient, we look for but little thirst except in fevers, when, particularly in the afternoon, with increasing heat, there is an increasing thirst.

Stram. is paradoxical, for at one time you may find a violent thirst, with great dryness of throat and mouth, and again, "thirstless, fear of water and an aversion to all fluids."

Sulph. is preëminently a thirsty remedy, craving anything from water to strong whiskey or brandy, and is found in many of the ills peculiar to *Sulph.* "Drinks much but eats little," is one of the characteristics.

Verat. like *Phos.* craves cold drinks, especially during perspiration, but it does not eject the liquid when it grows warm in the stomach.

Let this suffice for a few general notes. As to particulars regarding time, nature, etc., of thirst, study well the following:

For morning thirst, that is, abnormal, you will first think of *Nit. ac.*, and secondly of *Graph.*, *Nux v.* and *Stann.*

For great thirst during a chill, think of *Verat.*

For thirst after rising and moving about, you will study *Verat. v.*

For a ten A. M. thirst daily, give one of the *Natrums*, preferably *Nat. m.*

For abnormal thirst at noon-day give *Lyc.*

Afternoon thirst calls for *Calc.*, *Nat. c.*, *Ran. b.* and *Zinc.*

For thirst before chill or at two P. M., you will think of *Puls.*, but if this thirst is at 4 P. M. regularly, you will give *Lyc.*

For evening thirst you are led by *Cycl.*, which has a close following in *All. c.*, *Croc.*, *Gamb.*, *Iod.*, *Mag. c.*, *Mag. m.*, *Nat. m.*, *Nat. s.*, *Nicc.*, *Thuj.* and *Zinc.*

Growing thirsty after a chill calls for *Nat. m.* or *Sulph.*

Abnormal thirst after exercise calls for *Nat. c.*

Night thirsts are led by *Sil.*, which has a close following in *Acon.*, *Ant. c.*, *Ars.*, *Eup. per.*, *Hep.*, *Lach.*, *Lyc.*, *Mag. c.*, *Merc.*, *Phos.*, *Rhus t.*, *Spong.*, *Sulph.* and *Thuja.*

A burning and vehement thirst calls loudly for *Acet. ac.*, *Bry.* or *Phos.* These three remedies are most frequently indicated, and when not indicated, do not use them, but study these pages for one more suitable.

A strong thirst before a chill in intermittent fever needs *Eup. per.* Sometimes *Caps.*, *Hep.* or *Puls.* are indicated.

A strong thirst during a chill, in intermittent fever, needs *Apis*, *Caps.*, *Cina*, *Eup. per.*, *Ign.*, *Nat. m.*, *Nux v.*, *Sep.*, *Sil.* or *Verat.*

If this thirst comes on after the chill, in intermittent fever, study *Ars.*, *Chin.* or *Dros.*

When the drinking of water makes the headache unbearable, study *Cimex.*

When there is a thirst with dread of liquids from any cause, study *Bell.*, *Canth.*, *Hell.*, *Hyos.*, *Lach.*, *Nux v.* or *Stram.*

If the thirst is increased while eating, look well to *Am. c.*, *Cocc.* or *Lach.*

When it is increased after eating, then turn to *Bry.* or *Caust.*

For extreme thirst in any diseased condition, we turn to *Acet. ac.*, *Acon.*, *Arg. n.*, *Ars.*, *Bry.*, *Calc.*, *Phos.*, *Rob.*, *Sil.*, *Sulph.* or *Verat.*

Observe, carefully, the modalities governing each remedy.

An extreme thirst with headache, needs in most cases *Mag. m.*

An extreme thirst during the heat of a fever is in need of *Acon.*, *Ars.*, *Bell.*, *Bry.*, *Eup. per.*, *Nat. m.*, *Nux v.*

When there is a thirst for large quantities of water, think of *Bry.*, *Nat. m.*, *Phos.*, *Sulph.* or *Verat.*

An abnormal thirst during menses, will need *Bell.*, *Cedr.*, *Cham.*, *Coc. c.* or *Zinc.*

When a thirst comes on after nausea, give *Nux v.*

A thirst during perspiration calls principally for *Ars.*, *Chin.*, *Nat. m.* or *Stram.*

If it comes on after perspiration, think first of *Lyc.* and then of *Ant. c.*, *Ant. t.* or *Nux v.*

A thirst for small quantities of water often, before stool, leads you to think first of *Ars.* and then of *Chin.*, *Coloc.*, *Corn.*, *Hell.*, *Lach.*, *Rhus t.* and *Sulph.*

If it occurs after stool only, then think of *Caps.*

For an unquenchable thirst, is led by *Ars.* and *Phos.*

A thirst preceding an attack of vomiting needs *Eup. per.*, but when the thirst comes on during vomiting, you will turn to *Ars.*

Thirstless.

Our thirstless remedies are not very numerous. The leaders are *Ant. t.*, *Apis*, *Chin.*, *Gels.*, *Hell.*, *Nux m.*, *Puls.* and *Sabad.*

A second grade of remedies deserve more than a passing notice, and these are *Æsc.*, *Agn.*, *Arn. m.*, *Ant. c.*, *Arg. n.*, *Asaf.*, *Bell.*, *Bov.*, *Camph.*, *Con.*, *Cycl.*, *Ferr.*, *Hydr.*, *Ip.*, *Kali c.*, *Lyc.*, *Mang.*, *Olnd.*, *Op.*, *Samb.*, *Sep.* and *Staph.*

When there is thirstlessness with desire to drink, you will turn to *Ars.*, *Camph.* or *Cimex.*

Thirstless during heat—fever—is led by *Apis* and *Sep.*

Closely following these will be *Alum.*, *Ant. t.*, *Calc.*, *Caps.*, *Carb. v.*, *Caust.*, *Dros.*, *Ferr.*, *Ign.* and *Led.*

Tingling.

A tingling sensation in the stomach is most frequently cured by *Puls.* or *Rhus t.*

Trembling.

This trembling or quivering sensation in the stomach is one frequently found in practice, and you will find your principal remedies in *Arg. n.*, *Ars.*, *Elaps*, *Ham.* and *Ign.*

Twisting.

A twisting sensation, as if something were trying to make a rope of the stomach, finds its similimum in *Alum.*, *Arg. n.*, *Cocc.*, *Lyc.*, *Nux m.*, *Nux v.* and *Plb.*

When this twisting sensation extends to the abdomen, give *Arg. n.* Look well to the totality of symptoms.

Twitching.

This is a strange and unfrequent symptom, and refers to small spasmodic jerkings in and around the stomach and is purely of nervous origin. In such conditions study *Hydr.* or *Ign.*

Ulcers.

For ulcers of the stomach we think first of *Kali bi.*, *Merc. c.* or *Phos.*

It is difficult to differentiate between these remedies. The totality here, as in all other cases, must decide upon the remedy.

Apart from the three remedies above mentioned, you will not forget to examine *Arg. n.*, *Ars.*, *Kreos.*, *Mez.*, *Nit. ac.* and *Nux v.*

Vomiting.

Because of the many particulars we find in the study of remedies for vomiting, let us be content to mention our general leaders without noting the differentiations, and look to our particulars for indices to prescribing.

These leaders are: *Acon.*, *Æth.*, *Ant. c.*, *Ant. t.*, *Apis*, *Apom.*, *Arg. n.*, *Ars.*, *Bry.*, *Cham.*, *Colch.*, *Cupr.*, *Cupr. ac.*, *Ferr.*, *Gamb.*, *Ip.*, *Iris*, *Kreos.*, *Lob.*, *Nux v.*, *Phos.*, *Plb.*, *Puls.*, *Sil.*, *Sulph.*, *Tabac.*, *Verat.* and *Verat. v.*

I will ask you to observe carefully the following particulars: For simple morning vomiting, you will look to *Caps.* as your first aid, except in drunkards, when you will think of *Ars.* In addition to these two, you may need to study such remedies as *Con.*, *Cycl.*, *Dig.*, *Dros.*, *Ferr.*, *Ferr. p.*, *Guai.*, *Hep.*, *Ign.*, *Lyc.*, *Nat. m.*, *Nux v.*, *Sil.*, *Sul. ac.*, *Sulph.*, *Tarent.* and *Verat.*

A noonday vomiting especially caused by eating soup, needs *Mag. c.*

Vomiting habitually in the afternoon or evening, needs *Puls.* or *Sulph.*

For nocturnal vomiting you will think first of *Calc.* and *Ferr.;* the first most frequently before, the latter most frequently after midnight. Such remedies as *Ant. t.*, *Arg. n.*, *Ars.*, *Chin.*, *Ign.*, *Lach.*, *Lyc.*, *Merc.*, *Nux v.*, *Plb.*, *Podo.*, *Sil.*, *Stram.*, *Sulph.* and *Verat.* are often indicated.

Vomiting from anger will lead you to *Cham.*, *Coloc.* or *Nux v.*

When it occurs during apyrexia, give *Ip.*

Habitual vomiting after retiring, needs *Tarent.*

Habitual vomiting from drinking beer, needs *Mez.*

Habitual vomiting before breakfast, points you at once to *Tabac.* When this is not indicated, study *Kreos.* or *Nux v.*

Habitual vomiting after breakfast, points to *Borax*, *Carb. veg.* or *Ferr.*

Vomiting from cleansing the teeth needs *Coc. c.*

Vomiting before a chill, in intermittent fever, points to *Ars.*, *Eup. per.*, *Ferr.*

Vomiting during a chill, points predominantly to *Eup. per.* Such remedies, however, as *Caps.*, *Cina*, *Dros.*, *Ign.*, *Ip.*, *Nat. m.*, *Puls.* and *Verat.* must not be forgotten.

Vomiting after a chill points predominantly to *Eup. per.* and *Nat. m.* You will see by this that vomiting before, during or after a chill, in intermittent fever, points first to *Eup. per.*, and it will be your first consideration, unless symptoms point to another remedy.

Vomiting caused by drinking cold water, points to *Verat. v.*, and this will be your remedy unless conditions call for another.

Vomiting on coughing leads one to think of *Alum.*, *Ant. t.*, *Bry.*, *Dros.* and *Ip.*

Vomiting during a diarrhœa points pre-

dominantly to *Ant. t.*, *Arg. n.*, *Ars.* and *Verat.*

Difficult vomiting, "So hard for me to vomit," is relieved by *Ant. t.*

Vomiting after drinking—anything—points to *Ant. c.*, *Ars.*, *Phos.* and *Verat.*

When the vomiting comes on immediately after drinking, you will think of *Ars.*, *Bism.*, *Eup. per.*, *Nux v.* and *Zinc.*

When it is produced by drinking but little, think of *Ars.*, and if this little is very cold and soon ejected, think of *Phos.*

The habitual vomiting of drunkards points first to *Kali bi.*

There are certain conditions and changes, even in drunkards, that compel us to study such remedies as *Alumina*, *Ars.*, *Cadm.*, *Caps.*, *Carb. ac.*, *Crot. h.*, *Kali brom.*, *Lach.*, *Nux v.*, *Sang.* and *Sul. ac.*

Easy vomiting, ejecting the contents of the stomach without apparent effort, leads one to think first of *Cham.*, but we must not forget that *Ferr.*, *Ign.*, *Kali bi.*,

Nux v., *Phos.*, *Phyt.*, *Ran. s.* and *Tabac.* have each a similar condition, particularly *Phos.*, which "spits" up food and mucus by the mouthful without apparent effort.

Sudden attacks of vomiting while eating, need *Ars.*

Sudden attacks of vomiting after eating, point to *Ars.*, *Bry.*, *Chin.*, *Ip.*, *Nuph.*, *Phos.*, *Sep.*, *Sil.*, *Sulph.* and *Verat.*

Vomiting caused by eating eggs, needs *Ferr.*

Vomiting caused by eating fat foods, needs *Puls.*

Vomiting during the heat or fever, when suffering from malaria or intermittent fever, needs *Nat. m.*

Forcible vomiting, ejecting the contents of the stomach as from a force pump, needs *Verat.*, though *Con.*, *Nux v.*, *Petr.* and *Sanic.* have this symptom, but in a milder form.

Forcible vomiting soon after eating, points to *Sanic.*

Vomiting caused by hawking up mucus or clearing the throat, leads us to think of *Ambr.*, *Calc. p.* and *Coc. c.*

Vomiting associated with headaches has a long list of remedies, but on looking them over very carefully we find the following most frequently indicated: *Ars.*, *Ip.*, *Iris*, *Meli.*, *Phos.*, *Puls.*, *Sang.* and *Sep.*

Vomiting during the heat of a paroxysm of intermittent fever calls for *Ant. t.*, *Eup. per.* or *Nat. m.* most frequently.

Vomiting caused by eating ice cream, needs *Ars.* or *Puls.*—predominantly *Ars.*

Incessant vomiting, that is, day and night without relief, leads one to study with great care the following: *Arg. n.*, *Iod.*, *Ip.*, *Kreos.*, *Merc. c.*, *Nit. ac.*, *Phos.* and *Plb.*

Vomiting during intoxication, needs *Nux v.*

Vomiting before menses, *Calc.*, *Kreos.*, *Nux v.* and *Puls.*

Vomiting during menses, *Am. c.*, *Am.*

m., *Apoc.*, *Calc.*, *Carb. v.*, *Cupr.*, *Graph.*, *Kali c.*, *Lyc.*, *Phos.*, *Puls.*, *Sulph.* and *Verat.*, of which *Apoc.* is our leader.

Vomiting due to suppressed menses, *Ip.*

Vomiting caused by drinking milk, points to *Æth.*, *Sil.* and *Valer.*, each of which should be carefully studied.

Remember this, please, that when a baby habitually vomits its mother's milk, your first study will be *Sil.*, and your next will be *Ant. c.* or *Sanic.*

Vomiting on motion leads you to study *Ars.* and *Tabac.*

Vomiting after the abuse of *Opium*, *Cham.*

Vomiting from being overheated, *Ant. c.*

Paroxysmal attacks of vomiting, *Ars.* and *Phos.*

Vomiting during perspiration, in febrile attacks, *Ars.*, *Eup. per.*

Vomiting when perspiration ceases, *Cact.*

Vomiting during pregnancy points to *Asar.*, *Chel.*, *Jatr.*, *Kreos.*, *Lac. ac.*, *Nux*

m., *Nux v.*, *Puls.*, *Sep.*, *Symph.* and *Tabac.*

Vomiting produced while riding in a carriage, train or street car, *Carb. ac.*, *Cocc.*, *Petr.* and *Tabac.*

Vomiting produced by rising from recumbent positions, *Acon.*, *Colch.* and *Lac d.*

Vomiting from sour wine, *Ant. c.*

Vomiting from loud speaking, *Coc. c.*

Vomiting during ordinary stool, *Arg. n.*, *Ars.*, *Merc.* and *Verat.*

Vomiting on trying to swallow, needs *Merc. c.*

Violent attacks of vomiting are most frequently cured by *Ars.*, *Colch.*, *Crot. t.*, *Phos.* and *Tabac.*

Acrid vomiting, making throat and mouth sore, needs either *Kreos.* or *Sang.*

Albuminous *vomiting*, that is, vomiting a substance similar to the white of a raw egg, calls for *Jatr.*, *Merc. c.* or *Plb.*

(*a*) BILE. The vomiting of bile is sometimes a puzzle. Great care is neces-

sary in prescribing for this symptom. Here are your principal remedies, *Ars.*, *Bry.*, *Cham.*, *Chel.*, *Colch.*, *Eup. per.*, *Ip.*, *Merc*, *Merc. c.*, *Merc. cy.*, *Nux v.*, *Op.*, *Phos*, *Puls.*, *Sang.*, *Sep.* and *Verat.*

When it occurs in the morning on rising, think of *Sep.*

When at night, *Merc.* or *Podo.*

During or after a chill, *Eup. per.* or *Nat. m.*

With colic, *Chin.*, *Iod.* or *Nux v.*

During a cough, *Chin.* and *Puls.*

During a fever, *Ars.*, *Cham.*, *Chin.*, *Eup. per.*, *Nux v.* or *Puls.*

When lying on right side or back, *Crot. h.*

When in connection with headache, study *Chel.*, *Ip.*, *Iris* or *Sang.*

When it occurs during perspiration, think of *Cham.* or *Chin.*

When with this there is great nausea, trembling and prostration, give *Eup. per.*

When there is vertigo, give *Chel.*

(*b*) BITTER. For bitter vomiting three

remedies take the lead, *Nux v.*, *Phos.* and *Sang.*

When this bitter vomiting occurs in the morning, think of *Bry.*

When after drinking coffee, give *Cham.*

If during a cough, give *Sep.*

If during a chill, give *Cham.*

If during the heat of fever, give *Eup. per.*

When during a headache, give *Sang.*

(*c*) BLACK. For vomiting of black substance, you will think of such remedies as *Ars.*, *Cadm.*, *Nux v.*, *Phos.* and *Verat.*

For a black oily substance, *Ars.* the 10,000 did very quick and effectual work in a case seventy years old.

Phos. not only controlled the vomiting, dark brown, in a case eighty-three years of age suffering from a malignant tumor of the right ovary, but made her reasonably comfortable and prolonged her life. I gave it in the 1,000.

(*d*) BLOOD. The vomiting of blood

strikes terror to the physician as well as to the patient and parties concerned. To know what to do and what to give is masterly.

Here is what to give, *Arn.*, *Cact.*, *Carb. v.*, *Chin.*, *Crot. h.*, *Ferr.*, *Ham.*, *Ip.*, *Phos.* and *Sabin.*

Each one of these remedies *must* be prescribed upon its own peculiar characteristics.

Now these alone do not cover every case, and we may need to study *Acon.*, *Am. c.*, *Ars.*, *Bry.*, *Colc.*, *Canth.*, *Caust.*, *Cupr.*, *Cycl.*, *Erig.*, *Ferr. p.*, *Hyos.*, *Lach.*, *Merc. c.*, *Mill.*, *Nit. ac.*, *Nux v.*, *Petr.*, *Phyt.*, *Plb.*, *Podo.*, *Puls.*, *Sang.*, *Secale*, *Sep.*, *Sulph.*, *Verat.* and *Zinc.*

Observe, that *Arn.* is indicated in vomiting produced by injuries to the stomach.

That *Cact.* is indicated in hæmatamesis resulting largely from organic cardiac *lesions.*

That *Carb. v.* is indicated in low and dangerous forms of disease, body cold,

hippocratic face; and the blood is black and thick.

That *China* has a constant spitting or vomiting of venous blood, which is usually dark.

That *Crot. h.* has an oozing of dark, really black blood, is from the stomach and is found in low forms of disease as in typhoid or typhus fevers.

That *Ferr.* has vomiting of bright red blood, the blood is vomited easily, and this trouble is found in *Ferrum* patients, persons with very red faces, look healthy, full-blooded, and yet are always complaining.

That *Hamamelis* is preëminently applicable to hemorrhagic people, vomiting of thin, rather dark blood.

That *Ip.* has vomiting of bright red blood, with a constant nausea, not relieved by vomiting.

That *Phos.* is also a hemorrhagic remedy, and useful in vomiting of blood that is mixed with a dark, acrid matter, or

dark spots that look like particles of soot in the blood.

That *Sabina* has vomiting of large quantities of rather dark blood, but ejected in paroxysms—some hours or days apparently free from the trouble, then attacks of vomiting until the contents of the stomach are discharged, when rest and relief ensues.

Should this vomiting of blood occur at night only, then think of *Caust.*

When it results from suppressed menses, then study *Bry.* or *Ham.*

If it occurs during pregnancy, give *Sep.*

(*e*) BROWNISH SUBSTANCE. For vomiting of brownish substance you will at once think of *Ars.*, *Nat. s.* or *Plb.*, according to predominant symptoms.

Chocolate colored vomituria needs either *Bry.* or *Secale.*

In chronic cases of vomiting, turn to a study of *Nux v.*, *Sil.* or *Sulph.*

(*f*) COFFEE GROUNDS. Vomiting a

substance that resembles coffee grounds, leads you first to *Phos.*, which is one of our most patent remedies in this symptom.

For second place remedies you will study *Arg. n.*, *Cupr.*, *Merc. c.* and *Nat. m.*

(*g*) CURDLED MILK. Vomiting of curdled milk is a condition sometimes very hard to treat. Here, however, are our leaders, and very reliable ones at that, *Æth.*, *Calc.*, *Sil.* and *Valer.* But what is the difference between these remedies and the conditions that call for the one or the other?

NOTICE:

Æth. has forcible ejection of milk soon after it is taken, and this is followed by weakness and drowsiness. Sometimes the curdled milk and cheesy matter is preceded by vomiting of a yellow fluid. In either case the vomiting is forcible.

Calc. has vomiting of sour curds, and is found in leucophlegmatic constitutions,

where there is a tendency to grow fat, with lax muscles.

That the vomiting in *Sil.* follows immediately upon taking milk, and is found most frequently in rachitic children and those who take their milk too rapidly, voraciously.

That in *Valer.* the milk vomited has a sickening odor, very much like that of putrid eggs, and that with the vomiting there is faintness, white lips, and body icy cold, and that the child wants to be moving about constantly.

Do not forget that here and there you may need *Ant. c.*, *Nat. m.* or *Sulph.*

(*h*) EVERYTHING. When you find a person that vomits up everything, and seems to "vomit up his shoes," think of *Ars.*

(*i*) FECAL MATTER. Now and then the vomiting of fecal matter will confront you, and to know what to do is of vital importance. In such a case look well to all conditions and think of *Op.* This is

indeed your first thought, and failing to find your similimum here, study *Bell.*, *Nux v.* and *Plb.*

(*j*) FOOD. The vomiting of food is of most frequent occurrence, and leaders in this difficulty are *Ars.*, *Bry.*, *Eup. per.*, *Ferr.*, *Ign.*, *Lyc.*, *Nux v.*, *Phos.*, *Puls.*, *Sang.* and *Verat.*

Should this form of vomiting occur in the morning on rising, think first of *Sep.*, then of *Plb.* or *Sulph.*

When it occurs in the evening, think of *Puls.* or *Sulph.*

When it occurs regularly at midnight, you will give *Ferr.*

If the vomiting of food is succeeded by the vomiting of bile, then study *Bry.* or *Nat. m.*

Vomiting of food after breakfast calls for *Ferr.* or *Sil.*

Vomiting of food before a chill or before each chill, calls for *Ars.* or *Cina.*

This form of vomiting produced by coughing, leads you to think of *Bry.* first

of all. When the symptoms do not agree, you will then study *Ant. t.*, *Coc. c.*, *Ferr.*, *Kali c.*, *Mez.*, *Nat. m.*, *Nit. ac.*, *Phos. ac.* or *Puls.* for a similimum.

When this vomiting comes on immediately after eating, then give *Apis*, *Ars.*, *Bry.*, *Ferr.*, *Ferr. p.* or *Graph.*, according to symptoms.

When undigested food is vomited two or three hours after eating, give *Kreos.*

Vomiting of food during intermittent fever, calls for *Ferr.*, *Ferr. p.* or *Nat. m.*

(*k*) FROTHY VOMIT. For this form of vomiting, think at once of *Kreos.* or *Verat.*

Or in case they do not cover the symptoms, turn to *Æth.*, *Apis*, *Canth.*, *Con.*, *Ip.*, *Lyc.*, *Merc. c.*, *Nux v.*, *Podo.* or *Puls.*

(*l*) GLAIRY. This means a watery mucus, very much like the white of a raw egg, and will at once turn your thought to *Arg. n.*, *Ars.*, *Iris*, *Jatr.*, *Kali bi.*, *Sil.* or *Verat.*

(*m*) GREASY. For vomiting of greasy

matter, whether much of it has been eaten or not, you will turn at once to *Iod.*, *Mez.* or *Nux v.*

(*n*) Vomiting of green substance turns one's thought to three great leaders, viz., *Ars.*, *Ip.* and *Verat.*, but when neither of these are indicated, we take recourse to *Acon.*, *Æth.*, *Arg. n.*, *Can. s.*, *Canth.*, *Card. m.*, *Coloc.*, *Crot. h.*, *Cupr. ac.*, *Dulc.*, *Hell.*, *Hep.*, *Lach.*, *Lyc.*, *Merc.*, *Merc. c.*, *Nat. s.*, *Nux v.*, *Op.*, *Petr.*, *Phos.*, *Plb.*, *Puls.* or *Stram.*

A dark green vomit points to *Crot. h.*

A thin, very fluid green vomit, leads one to think of *Acon.*, *Card. m.*, *Coloc.*, *Cupr.*, *Cycl.*, *Hep.*, *Lach.*, *Nat. s.* or *Stram.*

A yellowish green vomit leads one to think of *Ars.*, *Cupr. ac.* or *Nat. s.*

(*o*) LIQUIDS. The simple vomiting of liquids points predominantly to *Acon.* or *Bism.*

(*p*) VOMITING of *milky* substance, points predominantly to *Sep.*

(*q*) VOMITING of *mucus* leads one to

consider as remedies most frequently indicated such medicines as *Arg. n.*, *Dros.*, *Nux v.*, *Phos.*, *Puls.* and *Verat.*

When this form comes on after drinking coffee, we think of *Cham.*

When the mucus is bloody or streaked with blood, we think of *Kali bi.* or *Nit. ac.*

When it occurs with or is produced by a cough, we think of *Dros.*, *Nit. ac.*, *Puls.* or *Sil.*

When it occurs during a diarrhœa, we give *Arg. n.*

When the vomited mucus is jelly-like in substance, we usually give *Ip.*

When it occurs from rinsing the mouth, we give *Coc. c.*

(*r*) OFFENSIVE. When the substance vomited has an offensive odor, we look for *Ars.*, *Nux v.* or *Sep.* for first assistance.

If the vomituria is purulent as well as offensive, then we consider *Nit. ac.* first, and one of the *Kalis* or *Mercuries* secondly.

(*s*) SALTY. Vomiting of salty sub-

stances or things that taste salty, leads us to *Iod.* or *Nat. s.*

(*t*) SOUR or ACID vomiting directs our minds to such leaders as *Calc.*, *Caust.*, *Chin.*, *Hep.*, *Lyc.*, *Mag. c.*, *Nux v.*, *Phos.*, *Psor.*, *Puls.*, *Rob.*, *Sulph.*, *Tabac.* and *Verat.* These fourteen remedies cover most cases.

Should this sour vomiting occur most frequently at night, give *Calc.*

Should it occur during a chill, give *Lyc.*

If there is a fluid substance, tasting and smelling very sour, you will give *Caust.*, *Ip.*, *Nat. m.* or *Nux v.*

If the vomiting of sour substance occurs regularly before the menstrual epoch, you will study *Calc.* or *Puls.*

(*u*) STRINGY. Where there is a stringy, shreddy or ropy vomiting, turn at once to *Cor. r.* Do not forget, however, that *Arg. n.*, *Chel.*, *Dros.*, *Kali bi.*, *Kreos.*, *Merc. c.*, *Nat. m.*, *Nit. ac.* and *Sil.* are also indicated according to conditions.

(*v*) SWEETISH. Vomiting of sweetish substance is led by *Kreos.*, followed closely by *Plb.*

(*x*) TENACIOUS. This implies a sticky, gummy or adhesive substance, and is most frequently cured by *Kali bi.* or *Merc. c.*

(*y*) WATERY. Vomiting of a watery substance, that is a clear, watery-like fluid, is most frequently controlled by *Ars.*, *Bry.*, *Caust.*, *Rob.* or *Verat.*

When it occurs early in the morning, you will study *Sulph.*

When it occurs at night, you will think of that nocturnal remedy for vomiting, *Calc.*

(*z*) WHITE. When the substance is white like aluminum, think of *Merc. c.*

(a^1) WORM. When there is a sensation as if a worm were in the stomach or throat, give *Lach.*

(b^1) WORMS. When vomiting is caused by the presence of worms in the stomach or intestines, think first of *Sang.*, then of

Acon., *Cina*, *Ferr.*, *Phyt.*, *Sabad.* or *Secale.*

(*c*[1]) YELLOW. Vomiting of a yellow substance, points at once to *Phos.* or *Verat.*

Do not forget to study carefully, however, *Colch.*, *Coloc.*, *Con.*, *Dulc.*, *Grat.*, *Iod.* and *Tereb.*

May the above prove a veritable mine of information to every lover of a true knowledge of the law of similars.

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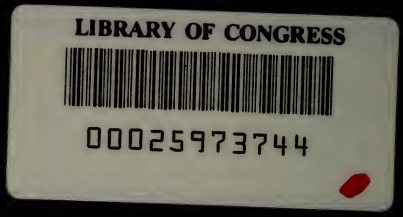
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